

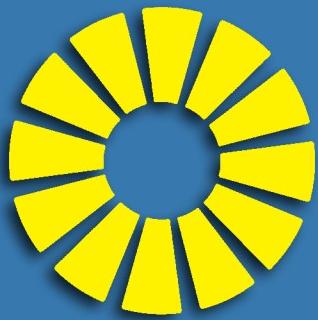


Centre for  
Alternative  
Technology

To help you live a more  
environmentally  
friendly,  
sustainable lifestyle

BUY GREEN  
BY MAIL

2007-2008



A breath of fresh air  
Centre for Alternative Technology



CAT, one of the world's most renowned eco-centres, takes a refreshingly positive look at environmental issues and offers practical solutions to help us lessen our impact on the environment. Ride the remarkable water-powered cliff railway, get fresh new ideas for your home and pick up tips on growing and composting. With Southern Snowdonia's breathtaking landscape as its backdrop, CAT provides a day out which is sure to inspire.

**[www.cat.org.uk](http://www.cat.org.uk)** **01654 705952**

## Introduction

CAT is a pioneering research and demonstration centre that inspires, informs and enables people to explore new ways of living. We opened our doors to the public in 1975. Since then we have established a worldwide reputation as one of the leading organisations, demonstrating ecological technologies and lifestyles.

## Legend

CAT's own publications can be found in their relevant subject sections and are marked with



If a book is from the U.S we have marked it with



## Postage Rates

### UK Mainland

**Normal Service** - Please add £4.00

**24hr Service** (next working day) £10.00

Available for orders received before 10 am Mon-Thurs

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Goods under £29.99 add £4.00

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Includes postcodes:

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### Overseas Orders

Europe, including Eire, add 30% of order value, min £5.00

Outside Europe, add 40% of order value, min £5.00

We can send items outside the UK with payment by credit card or Sterling cheque, otherwise we will send a pro-forma invoice and the goods will be sent on receipt of payment. ALL payments must be in pounds Sterling.

## How To Order - (Please see page 69 for Order Form)



### By Post

To: Mail Order Dept., CAT, Machynlleth, Powys, SY20 9AZ



### Returns

If you are not satisfied with any purchase, contact us and then return it in a saleable condition (with original product packaging) within a month and we will replace it free of charge or issue a refund. Claims for damaged goods must be made within 5 working days.



### By Phone

0845 3304592 or 01654 705959 (if you can't take advantage of the local rate saving).



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### By Fax



### By e-mail/via the website

mail.order@cat.org.uk

<http://www.cat.org.uk> (click Buy Green By Mail)



### Price changes & availability

Regrettably, price fluctuations and unavailability of some items do occasionally occur, which are beyond our control. Please bear with us if this happens.



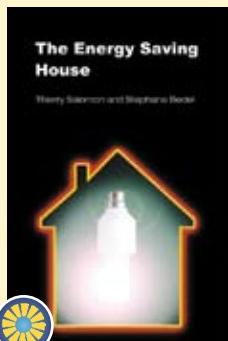
### Packaging policy

We aim to re-use as much as possible of the packaging material that we receive. By utilising it in our outgoing parcels, we hope to reduce both the volume of waste generated and the use of new resources.



### Dispatch

We aim to send orders out within a few days. Please allow 7 working days for delivery. Delivery of some parcels will require a signature, so if you are normally out during the day, please supply us with a delivery address where there will be a signatory.

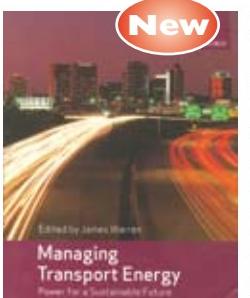
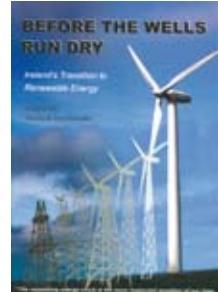


## The Energy Saving House, Salomon & Bedel (2003) £12.00

Invaluable guide on ways in which you can minimize your energy consumption, reduce your impact on the planet and save money. From construction to renovation, white goods to heating systems, maintenance to running costs. 160 pages.

## Before the Wells Run Dry, Douthwaite (2003) £9.95

The world is using oil at four times the rate it is finding it. Fossil fuel output is declining, which is a turning point in human history, since the use of fossil energy has been the basis of globalization and rapid economic growth. This discusses when that point will occur and whether renewables can be developed in time to fill the gap and continue to have the capacity to provide Europe with all the energy needed, without using coal or nuclear energy at all. 333 pages



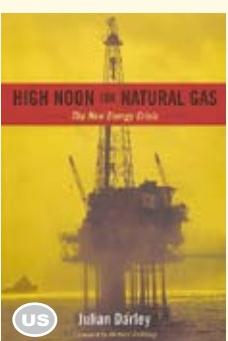
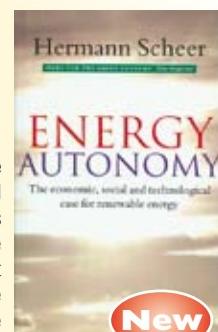
## Managing Transport Energy, Warren (ed) (2007) £24.99

Despite targets to cut carbon dioxide emissions, and the prospect of petroleum resources becoming increasingly scarce, road transport energy use is at an all-time peak in many countries. How can our transport system survive into the future? What must change, and how can these

changes be implemented? Written for undergraduates, it examines the technological options that are available to us - including hybrid engines, biofuels, and hydrogen cells - exploring how sustainable transport policies can be developed to make the most of emerging technologies, while reducing our dependence on the energy systems used most heavily today. 174 pages.

## Energy Autonomy: The Economic, Social and Technological Case for Renewable Energy, Scheer (2006) £19.99

Continued reliance on the combustion of abundant and cheap carbon fuels has perilous consequences, both with the reliance on the world's most unstable region and with the evidence of accelerating climate change. There is a solution: to make the transition to renewable sources of energy and distributed, decentralized energy generation. It is a model that has been proven, technologically, commercially and politically but entrenched interests oppose the transition and this shows what must be done to overcome these obstacles. 310 pages, hardback.



## High Noon for Natural Gas, Darley (2006) £12.95

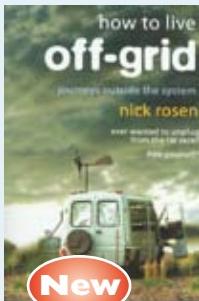
In this timely expose, author Julian Darley takes a hard-hitting look at natural gas as an energy source that rapidly went from nuisance to crutch. Darley outlines the implications of our increased dependence on this energy source and why it has the potential to cause serious environmental, political,

and economic consequences. Readers will find a critical analysis of government policy on energy, as well as a meticulously researched warning about our next potentially catastrophic energy crisis. 280 pages.

## Energy Science: Principles, Technologies, and Impacts, Andrews & Jolley (2007) £25.99

Do renewable energy sources really provide a realistic alternative to fossil fuels? How does wind power compare to nuclear power, in terms of the energy it can generate? Excellent undergraduate textbook, packed with technical information and exercises for each chapter. Covering both traditional and renewable energy sources, encourages the reader to evaluate different energy sources on the basis of sound quantitative understanding. It also explores the fundamentals of energy generation, storage and transmission, to build a complete picture of energy supply to our homes. 328 pages.





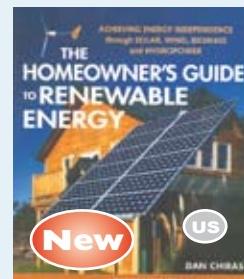
How to live Off-grid, Rosen (2007) £12.99  
*Off-grid: a place, building or person without mains or power.*

Static or mobile - in a house or a hut, a boat or a camper van - it's all about loosening the ties that bind us to the familiar world of commuting, mortgages, no time and fast food, in order to find our own space and rediscover

the joys of the natural world. Complete with camper van, Nick Rosen sets off around the UK to find off-grid heaven and meet people who are living the dream. 368 pages.

## The Homeowner's Guide to Renewable Energy, Chiras (2006) £17.99

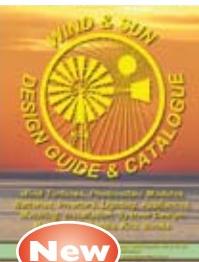
Starting by outlining the likely impacts of fossil fuel shortages and some basic facts about energy, this book then looks at energy conservation to slash energy bills and to prepare for renewable energy options. Focusing carefully on specific strategies needed to replace specific fuels, the book then examines each practical energy option available to homeowners, including the emerging technologies. Giving readers sufficient knowledge to hire and communicate effectively with contractors and, for those wanting do installations themselves, it recommends more detailed manuals. 335 pages.



## Wind & Sun Design Guide and Catalogue, 23rd Edition (2007) £5.00

Wind & Sun have been using, living with, and installing wind and solar power since 1984; so advice and product selection is based on 'hands-on' experience. This catalogue contains a range of specially selected equipment suitable for small, standard or

custom-built power systems using solar or wind. An excellent guide as to what you can do and what is available. Excellent value - one of our top sellers. 112 pages.



New

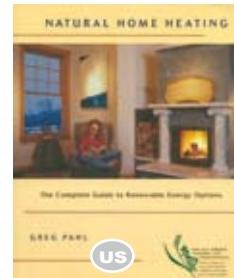
NATTA Reports:

- Photovoltaic Solar comes of age (2001) £2.00
- Community Ownership (1999) £3.00
- Windpower in the UK Vols 1 £2.00, Vols 2-5 £3.00 each, Vol 6 £5.00
- Energy - beginners guide (2000) £3.00
- AT Driver (1997) £1.50
- Case for Renewable Energy (2004) £1.00

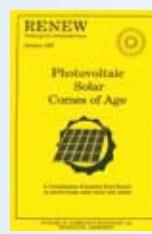
A selection of reports and discussion papers from the Network for Alternative Technology and Technology Assessment. Their aim is to promote the socially equitable and environmentally appropriate development of technology with the focus being on alternative technologies.

## Natural Home Heating, Pahl (2003) £22.50

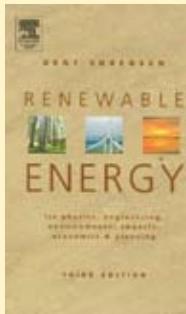
THE complete guide to renewable energy options for home-heating, including traditional oil and gas systems, wood stoves, solar systems and heat pumps. Everything you need to know about the fuels, systems, technologies, costs and advantages and disadvantages of each option. How to retrofit, replace or design a new house that can be heated comfortably with minimal environmental and financial impact. 281 pages.



New



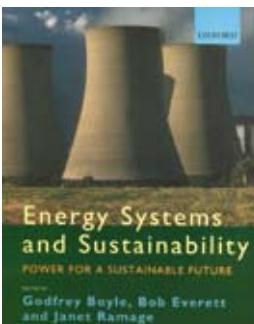
- Empowered Consumers (2004) £4.00
- Energy Crops 2 (2000) £3.00
- Fuel Cells (2000) £1.00
- Wavepower in the 90's £2.00
- Wavepower the story continues £3.00
- Tidal Energy £1.00
- Marine Renewables £3.00



## Renewable Energy, Sorenson (2004) £39.99

Undoubtedly one of the most complete accounts of the subject. Describes the sun's effect on the atmosphere and the creation of wind and waves, including the effects of global warming. For each type of renewable energy there follows a technical description of the devices that can be used to transform the energy into useful forms. Finally it looks at the social

and economic aspects - the costs of our current fuel bills versus new energy sources. 928 pages hardback.



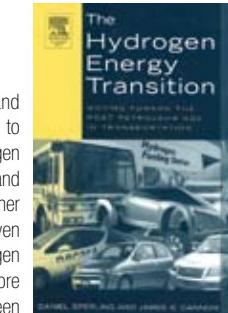
## Energy Systems and Sustainability, Power for a Sustainable Future, Boyle et al (2003) £29.99

An interdisciplinary approach to how we can provide clean, safe, sustainable energy supplies globally, covering economic, social, environmental and policy issues as well as practical aspects. Current energy systems, their origins,

principles underlying their use and their evolution, current status and future prospects are all analysed, emphasizing the importance of sustainability. It will appeal to specialists and non-specialists alike who wish to improve their understanding of these complex and increasingly important issues. Highly recommended. 619 pages.

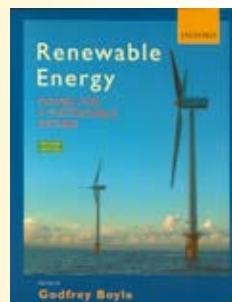
## Hydrogen Energy Transition, Sperling & Cannon (2004) £29.99

Addresses the key issues and actions that need to be taken to achieve a changeover to hydrogen power as it relates to vehicles and transportation, and explores whether such a transition is likely, or even possible. The need to utilize hydrogen as a cleaner, more efficient and more reliable energy source has now been widely recognized. The initiatives set forth will mould the research, development and education efforts to change the practice of fuel consumption around the world. 266 pages hardback.



## Renewable Energy - Power for a Sustainable Future, ed Boyle (2004) £29.99

The prospect of producing clean, sustainable power in substantial quantities from renewable resources is arousing world-wide interest. This provides a full overview of the principle renewable energy sources: Solar Thermal, Tidal, Bioenergy, Hydro, Wind, Geothermal, Wave and Photovoltaic. Written for undergraduates across a wide range of academic disciplines. With the aid of 350 detailed illustrations and 50 data tables and using case studies, it examines environmental impact, costs etc. Very highly recommended. 452 pages.



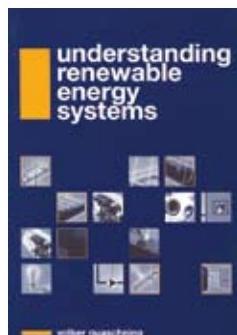
## Steam Engine Principles, Calvert (1991) £8.00

60 years ago, small steam engines were part of everyday life. Now they have all but gone and few mechanics can repair them. However, the basic principles are still valid and the mechanical skills need to make, repair or restore them are within the abilities of many amateur model engineers. A technically sound, but accessible, introduction to the theory

and practice of small scale steam plant dealing with the principles of steam power, from basic thermodynamics to mechanical details of pistons, cylinders and valves. 130 pages.

## Understanding Renewable Energy Systems, Quaschning (2005) £24.95

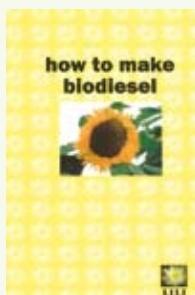
Beginning with an overview of renewable energy sources including biomass, hydroelectricity, geothermal, tidal, wind and solar power, this explores the fundamentals of the different systems. The main focus is technologies with high development potential such as solar thermal systems, pvs and wind power. Contains a CD-ROM, which includes a variety of specialist simulation software and detailed figures from the book. 272 pages.



**New**

## Home Heating with Wood, Laughton (2006) £7.99

A guide to heating your home with wood: what to look out for when planning and installing a domestic wood fuel heating system. Chris Laughton answers all the common questions, including: how much will it cost? Is it a worthwhile investment? How much disruption will it cause? What equipment is best for my situation? What type of wood should I use? How much wood will I need? All the details and practicalities are covered. 128 pages, ring bound format for ease of use. Also available to download.



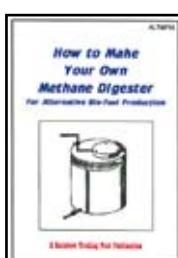
## How to Make Biodiesel (2005) £8.95

This book contains pretty much everything you need to know to get started with biodiesel, what it is and why it's good for the environment. Covering the chemistry and practice of biodiesel production; supply of used cooking oil and other chemicals; plant design and construction using readily available materials; vehicle considerations;

Environment Agency and Customs & Excise. Produce your own cheap, carbon-neutral diesel - no need for alterations to your engine. 122 pages.

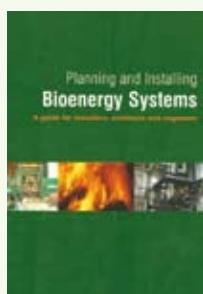
## How to Make Your Own Methane Digester (1996) £3.90

This plan covers both the simple Batch Type Digester and the larger Continuous Output Digester. Construction of both digesters as well as the theory is covered. Few special parts are required. The digesters are simply fuelled by some raw organic material. 15 pages.



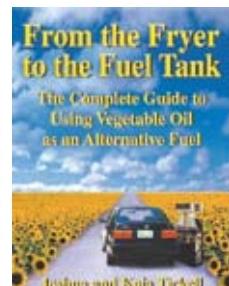
## Planning and Installing Bioenergy Systems (2004) £75.00

Beginning with an overview of the technologies and types of system available, this guide is packed with essential 'know-how' on anaerobic digestion, bio-fuels, small-scale ovens, large-scale boilers and gasifiers. Each technology is explained by examining the overall system and its components, planning, operation, maintenance, installation and economics. Plus information on both heat and combined heat and power and the international legal framework, relevant subsidies and fiscal incentives. 268 pages spiral bound.



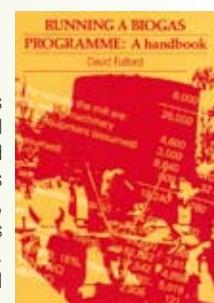
## From the Fryer to the Fuel Tank Tickell (1998) £19.95

The culmination of years of research, investigation and experimentation with biodiesel are embodied in this fascinating book. It describes renewable fuels, explains how the diesel engine works, and shows how to make diesel fuel from pure vegetable oil or used cooking oil. With detailed instructions on building a fuel processor and choosing an appropriate diesel vehicle and how to run it on straight vegetable oil. A bestseller. 185 pages.



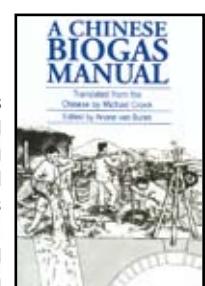
## Running a Biogas Programme: A handbook, Fulford (1988) £17.95

Describes the designs and uses of biogas plants, with technical appendices, for domestic and community plants. Chapters cover: how it works, plant designs, operating a system, biogas in engines and much more. The likely economic and social effects of biogas programmes are described from experience, and advice is given on the problems of management 187 pages.



## A Chinese Biogas Manual, van Buren (1979, 1997 edn) £10.95

In China, production of biogas has become a comprehensive and controlled method of waste disposal, of recycling resources and of supplying energy and fertiliser. Based on detailed descriptions and including many diagrams and pictures, this manual shows how to build a biogas pit and how the designs can be adapted for construction in different soils, from sandstone to sheer rock. 136 pages.



# Rechargeable Batteries & Chargers

**1) Universal Solar Battery Charger £12.00**  
Charges 2 x AAA, AA, C or D Ni-MH or Ni-Cd rechargeable batteries. Charging times vary according to sunlight levels and the capacity/depth of discharge of the batteries. The solar cell is housed in the hinged lid which can be angled towards the sun for optimised charging.

**2) Pocket AA Solar Battery Charger £8.25**  
Compact solar battery charger that charges up to 4 x AA Ni-MH or Ni-Cd rechargeable batteries. The charging time depends on sunlight levels and the capacity and depth of discharge of the batteries. Lightweight and portable. 10x6x3cm, 95g.

**High Capacity Ni-MH Rechargeable Batteries:**  
AAA (800mAh) £2.00 each or £3.50 for 2  
AA (2250mAh) £3.00 each or £10.75 for 4  
C (3880mAh) £7.75 each  
D (8000mAh) £9.75 each  
PP3 (170mAh) £7.00 each  
A range of high performance high capacity Ni-MH rechargeable batteries. They can be recharged up to 1000 times. For general purpose applications.

**Powerbank Universal Mains Battery Charger £20.00**  
Powerful intelligent mains battery charger that can easily charge all of our high capacity Ni-MH rechargeable batteries. It features automatic charging current selection and 3 indicator LEDs. Charge 2 or 4 AA, AAA, C or D batteries or 1 to 2 9V (PP3) batteries. Safety guaranteed. 9x18x6cm.

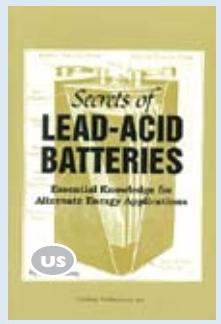
## Battery Tester £4.75

Compact battery tester for use with rechargeable (Ni-MH and Ni-Cd) and alkaline consumer-type batteries. An easy-to-read scale indicates the status of the battery. AAA, AA, C, D and 9V (PP3) batteries can be tested. 10x5x4cm.



## Secrets of Lead-Acid Batteries (1999 update) £4.85

Details how batteries are rated, built, the different types of charging, how they discharge and why they fail. How to quick discharge, equalise cells, rejuvenate a sick battery, test them and some applications. Everything you've always wanted to know about batteries and more you didn't know existed. Very accurate and not too technical. A surprising best seller!! 48 pages.





New

### Freeloader Solar Charger £30.00

Ben Q Adapter Plug £3.00

iPod/iPod Nano Adapter Plug £4.00

Stylish advanced solar charger that can power most phones and portable electronics. Compact and lightweight – 12x6x2cm, 185g. A full charge can power an iPod for 18 hrs. It can also be charged through a USB port (cable supplied). The panels fold away to form a sturdy aluminium case. Supplied with a wide selection of cables and connector tips (adapter plugs for iPod/iPod Nano and Siemens BenQ are available separately).

### Wagner Solar Fountain £70.00

Versatile solar fountain that can store up to 10 hrs run time. The pump can perform as a floating or submerged unit and comes with 3 nozzles for different fountain styles. 5m connection cable included. 85cm max fountain height; 280litres/hr max flow rate. 2 year warranty. Higher performance solar pumping kits are also available for larger fountains, waterfalls, and pond aeration/circulation systems. Please contact us for an information pack.



Solar Mate I £79.00 (5W kit)

Solar Mate II £129.00 (10W kit)

Solar Mate III £239.00 (18W kit)

New

Complete independent mains quality solar lighting systems designed for remote locations. All are exempt from Part P of Building regulations and can be quickly and easily installed without any specialist tools or training. A leisure battery (75-85Ah) is needed to complete each installation (not supplied). All kits are guaranteed for 10 years (excluding bulbs/tubes). All come with a high performance crystalline solar panel, roof / wall fixing kit, cabling, connectors, fuses and detailed instructions. Solar Mate I is supplied with 1x12V low energy bulb, 1x bulb holder plus wall switch and can illuminate an area 16m<sup>2</sup> for 5-7 hrs per day. Solar Mate II is supplied with 2x12V low energy bulbs, 2 x bulb holders plus wall switch and can illuminate an area 32m<sup>2</sup> for 5-7 hrs per day. Solar Mate III is supplied with charge controller plus 2x12V individually switched fluorescent light fittings/tubes and can illuminate an area 32m<sup>2</sup> for 8-11 hrs per day.).



New

### Explorer Solar Charger £49.50

Powerful advanced solar and mains/USB rechargeable charger that can power virtually all phones and portable electronics. The Explorer is compact and light weight and comprises a tough water resistant charging unit (9x4x4cm, 83g) with a robust folding solar panel (11x7x1mm folded, 82g). It comes with a universal mains charger, USB charging cable, travel pouch, storage case and a wide selection of cables and connector tips. A full charge can power an iPod for 40hrs or a digital camera for up to 1600 pictures.

## 1) Eagle Triple Solar LED Flashlight/Phone Charger £29.50

Sleek solar powered flashlight and mobile phone charger that features 3x5mm LEDs and offers 3 light modes (1 LED, 3LEDs and flashing). When fully charged it provides 35hrs light (1 LED) or 15hrs light (3 LEDs). Supplied with cable/connectors for almost all mobile phones. 6V mains adapter available, but not supplied. 17x6x3cm.

ALL  
New



1



2



3



4



5

## 2) Shark Waterproof Self-sufficient LED Flashlight/Phone Charger £29.50

This exceptional flashlight/phone-charger dynamo and mains rechargeable Shark incorporates an ultra bright 1W LED alongside 2 x 5mm LEDs and features 3 light modes (bright, normal and flashing). 1min winding provides 20mins light (1W LED) or 60mins light (2 LEDs). A full charge gives 8hrs (1W LED) or 60hrs (2LEDs). Waterproof to 10m. Includes mains adapter and cable/connectors for almost all mobile phones. 18x5x7cm.

## 3) Nighthawk Dynamo LED Flashlight/Phone Charger £14.75

Excellent dynamo flashlight and mobile phone-charger that features a 0.5W LED alongside 2 x 5mm LEDs and offers 2 shine modes (normal and super bright). 1min winding provides 30mins light (0.5W LED) or 90mins light (2 LEDs). A full charge gives 3hrs (0.5W LED) or 20hrs (2LEDs). Connector/cable for Nokia mobile phones (except N types) is included. Mains charger and other phone connectors are available. 15x6x5cm.

## 4) Puma Super Bright Dynamo LED Flashlight £9.75

Superb dynamo flashlight that features a super bright 0.5W LED and offers 3 light modes (standard, super bright and flashing). 1 min winding provides over 20mins standard light or 10mins super bright light. Very compact and lightweight. 8x5x4cm..

## 5) Dolphin Dynamo LED Flashlight/Phone Charger £7.50

This ergonomic dynamo flashlight/phone-charger incorporates 3x5mm LEDs for energy efficient bright illumination. 1 min winding provides over 30mins light. Connector/cable for Nokia mobile phones (except N types) is included (others are available). 14x6x4cm.

New



## Headfire Triplex Dimmable Headtorch £22.50

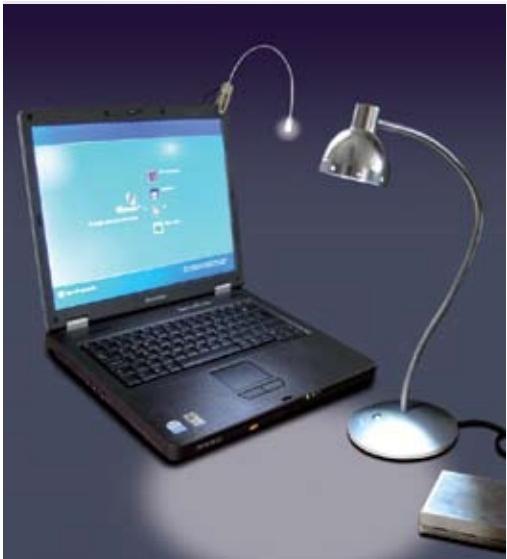
This extremely energy efficient advanced headtorch incorporates high intensity triple chip LED technology with an integrated dimmer switch facility, allowing a hi-low beam function. Up to 50 hrs of light from one set of 3 AAA batteries (supplied). Very light and comfortable. Lamp can be swivelled through 90 degrees. Rechargeable Ni-MH batteries can be supplied with this product at no extra charge - please request when ordering. Lifetime Guarantee. Available now.

Energy Efficient Camplight  
£19.75

Superb low energy camplight that functions both as a conventional torch and an area light. Supplied with hanging/carrying lanyard and protective pouch. 27x1.5cm, 109g. Up to 50 hours illumination from one set of 2 AA batteries (included). Rechargeable Ni-MH batteries can be supplied with this product at no extra charge – please request when ordering. Lifetime Guarantee.

New





## Quantum Leap Superbright LED Lamp £65.00

Incredibly low power consumption (1.3W) for a lamp that produces such an exceptionally bright wide pool of light. Uses 93% less energy than a halogen lamp by combining a state-of-the-art reflector system with the brightest, most technologically advanced LED available. It comes with a mains adapter and a battery box which allows it to function as a stand alone portable lamp (3 AA batteries included). Rechargeable Ni-MH batteries can be supplied with this product at no extra charge – please request when ordering. Flexible stand is 29cm high. Lifetime guarantee.

## Low Energy USB Portable Reading Lamp

Was £24.99 Now £14.50 while stocks last

Dual function high intensity LED reading lamp with exceptionally low power consumption (less than 0.1W) to virtually eliminate battery drain. Can be powered through a USB port or by the battery box which allows it to function as a stand alone portable lamp (3 AAA batteries included). Rechargeable Ni-MH batteries can be supplied with this product at no extra charge – please request when ordering. Flexible neck with clip is 30cm long. Lifetime Guarantee.

**Rhino AM/FM Dynamo and Rechargeable Radio £24.75\***  
This rugged self sufficient radio with integral LED light offers excellent sound quality and comes with a mains power adapter. 90 seconds optimum winding provides 40-60 minutes playtime. Around 10 hours playtime when fully charged. It can also be powered by AA batteries and be charged by a DC adapter (neither included). 18x16x6cm, 600g. \*Available from Sept 2007

## Eton FR350 Self Powered MultibandRadio/ Flashlight/ Charger £39.75

Versatile water-resistant wind-up and mains rechargeable AM/FM and shortwave radio that also incorporates an LED flashlight, emergency siren and emergency mobile phone charger (selected tips included). The built-in crank handle power generator recharges the internal Ni-MH battery and mobile phone batteries. Covers 8 shortwave bands (13,16,19,22,25,31,41,49m) and features 2 bright white LEDs plus one flashing red LED. Supplied with mains charger, it can also be powered by 3AA batteries (not supplied). 11x22x5cm, 680g.



## Pedal and Power Charger £22.50

Charge small portable electronic devices by pedal power using this unit which consists of a 6V/3W dynamo, handlebar bracket, quick release 6-12V charger unit and power lead. All that is needed is the car charger lead for your phone/appliance. 70 minutes cycling at 12 mph can charge a phone from flat to full, shorter trips will top it up.



# Energy Saving

## Low Energy Lightbulbs:

High quality bulbs approved by the Energy Saving Trust. These bulbs represent outstanding value and cost savings compared to conventional incandescent or inferior compact fluorescent bulbs that often fail in weeks. Not to be used with dimmer switches unless stated.



**Mini stick 11W  
Bayonet (60W  
equivalent) £7.00**

Smallest stick bulbs approved by the EST. 115mmx42mm. Rated at a huge 15000 hrs.



**Compact Reflector  
GU10 9W (40W  
halogen equivalent)  
£11.50**

Superior quality low energy halogen spotlight replacement. Rated for a huge 15,000 hrs. 76x50mm



**Candle Bulb 9W  
Bayonet (40W  
equivalent) £6.00**

Ideal replacement for incandescent candle bulbs. Rated for 6000hrs. 142mmx52mm.

**New**

**New**



**Ecobulb 11W Bayonet (60W  
equivalent) £3.75  
Ecobulb 20W Bayonet (100W  
equivalent) £3.75**

Good general purpose bulbs rated at 6000 hrs. 141mmx45mm.



**New**

**Globe Lamp 20W (100W  
equivalent) Bayonet £8.00**

Perfect for domestic and workplace lighting where no lampshades are required. Warm white light. Rated for 8000hrs. 170mmx110mm diameter.



**New**

**Decorative Bulb 11W (60W  
equivalent) Bayonet £6.00**

Suitable for locations that require the shape of a conventional bulb. Rated for 6000 hrs. 124mmx60mm



**Biobulb 25W Bayonet (100W equivalent) £14.75**

**Biobulb 25W Screw (100W equivalent) £14.75**

**Biobulb 20W Bayonet (60W equivalent) £14.75**

Superb low energy daylight replication bulbs that really work. They are flicker-free, radiate the full spectrum (380-780nm) and are ideal for sufferers of S.A.D. (two 25W biobulbs give the same benefits as an expensive 3000 lux lightbox). Rated for 10000 hrs. 100W bulbs: 135x60mm; 60W bulbs: 125x60mm.



**New**

**Dimmable Energy Saving Bulb 11W Bayonet  
(60W equivalent) £13.50**

Designed to dim without the need for a dimmer switch on virtually any common light switch. Simple 4 stage dimming – just mount into a lamp holder and adjust the brightness levels: 100% to 66%, then down to 33% and then down to 5%, then back to 100% with simple consecutive on/off switching action. It can also be used with general electronic incandescent dimmer switches (not digital dimmers, remote-controlled dimmers or touch dimmers). Instructions supplied. Rated for 10000 hrs. 113x60mm

## Electrisave £75.00

### Additional sensors £10 each

This award winning wireless monitor provides instant feedback on the total electricity consumption of a household/small office, thereby allowing users to identify and eliminate energy wastage. The electrisave also displays electricity cost, associated carbon dioxide emission, temperature and humidity and features an audible alarm to notify of excessive electricity usage. It can also be used as a safety check to ensure that no unnecessary appliances have been left on before leaving the home/workplace. The electrisave uses a simple clip-on sensor and transmitter inside the existing meter box to transmit a real time reading to a portable LCD display. Simple to install – in most cases without the need for an electrician. Additional sensors are available for 2 and 3 phase supply.



## Powermeter £18.00

A plug-in meter that assesses the electricity consumption of an individual appliance and its associated running costs. It features 8 useful functions to help the user save electricity and money. Just plug the powermeter into the mains, connect the appliance to be tested and leave for the monitoring period to assess both cumulative energy use and real time power consumption. Clear LED display.



## PSX Standby Power Saving Unit £30.00

The advanced PSX unit virtually eliminates wasted 'standby' energy when audiovisual devices are being switched on and off using a remote control handset with no change in operation. Simple set up and operation. Up to 5 devices can be connected (max load 460W) using a multiblock (not supplied). Also offers lightning and surge protection. Not suitable for computers or devices with clocks and EPG. Power consumption 0.3W. 15x10x4cm.

## 1) Individually Switched 5 Way Extension Socket £19.50

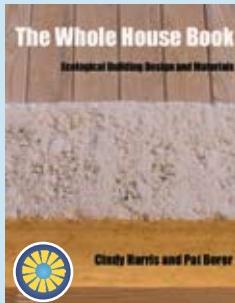
## 2) General Voltage Surge and Lightning Protector £5.50

## 3) TV Voltage Surge and Lightning Protector £8.25

Over one million tonnes of carbon are released annually by appliances left on standby in the UK. This superior quality **Individually Switched Socket** allows appliances to be isolated from mains power easily and independently, thereby eliminating wasted standby energy. It features well spaced sockets to accommodate large charging units, individual neon charging lights and wall mounting holes. Made in Germany from break resistant materials. Excess cabling can be wound around the housing. 3m cable, 59 x 6cm, 3120W max load. The plug-in **Surge Protectors** provide effective protection for appliances against power surges and indirect lightning strikes up to 4500A with instant power interruption. Green light indicates protection is active. **TV Surge Protector** protects the aerial as well as the mains.

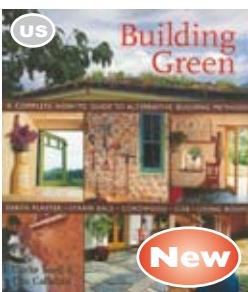


# Green Building



**The Whole House Book:**  
Ecological building  
design and materials,  
Borer and Harris (2005)  
**£35.00**

For architects, builders and self-builders, this is the complete reference tool. Use it as a guide when choosing materials and designs, and when building. It answers all your questions: How can I create a sustainable home? Where is the best place to situate a house? What are the principles of good layout? Which building material should I use? Highly recommended, bestseller. 320 pages.

**New**

**Building Green, Snell & Callahan (2005) £19.99**

This absolutely groundbreaking manual doesn't just talk about eco-friendly building techniques, but actually shows every step! More than 1,200 close-up photographs, along with in-depth descriptions, follow the real construction of an alternative house from site selection to the addition of

final-touch interior details. Incorporating four different alternative building methods: straw bale, cob, cordwood, and modified stick frame. The images show every move: how the site is cleared, the basic structure put together, the cob wall sculpted, the bales and cordwood stacked, a living roof created, and more. 612 pages.

**New**

**Design Like You Give a Damn, (2006) £16.95**

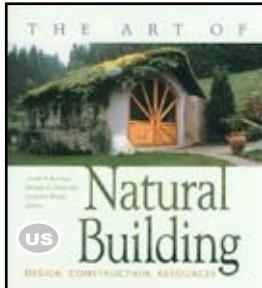
The greatest humanitarian challenge we face today is that of providing shelter. Currently one in seven people lives in a slum or refugee camp, and more than three billion people do not have access to clean

water or adequate sanitation. The physical design of our homes, neighbourhoods, and communities shapes every aspect of our lives. Yet too often architects are desperately needed in the places where they can least be afforded. This showcases more than 80 contemporary solutions to such urgent needs as basic shelter, health care, education, and access to clean water, energy and sanitation. 335 pages.

**The Art of Natural Building,**  
Kennedy et al (2002)  
**£22.50**

The ultimate ecological building encyclopedia! A compendium of over 50 articles discussing the context of natural building in terms of economics, social justice and sustainability.

Designing, siting and planning issues are reviewed in depth, followed by a comprehensive discussion of a wide range of building materials and techniques - including papercrete and earth-bags. With a few case studies that will make you want to go and try something for yourself. 291 pages.

**New**

**Building with Awareness DVD and Guide: The Construction of a Hybrid Home, Owens (2006) £22.99**

An excellent DVD and book combination. The 5 hour DVD shows the actual building of a green, straw bale, solar home from start to finish. The book follows the DVD step-by-step from foundation to finishing touches. Chapters include: Introduction; Design; Breaking Ground; Rainwater Cistern; Adobe; Framing; Straw Bale Walls; Electrical; Windows And Insulation; Earth Plaster; Finish Work; Finish Earth Plaster. 150 pages.

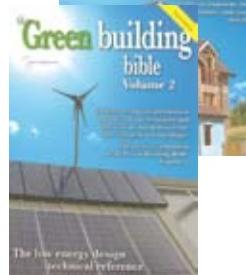


**Green Building Bible Vol 1**

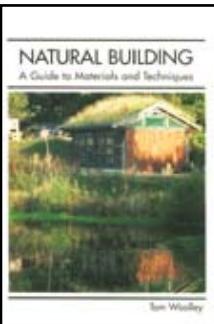
**£9.95**

**Green Building Bible Vol 2**

**£9.95**

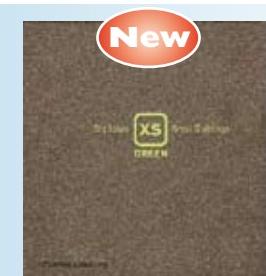


Volume 1 has essential information to help you renovate, extend or redecorate your home with advice on what to look for if you are buying a new home. From the selection of materials to efficient home heating, this is where you'll get the low-down. If you're after a builder, architect, carpenter or other tradesperson with Green sympathies, the book incorporates extensive professional and product listings throughout the UK and Ireland. Volume 2 is a thorough, in-depth, low energy design, technical reference. 466 & 243 pages. Top sellers. Highly recommended.



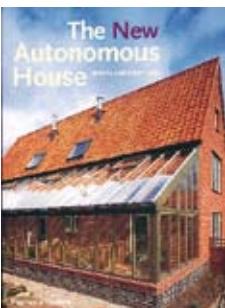
## Natural Building - A Guide to Materials and Techniques, Woolley (2006) £19.95

Natural building involves construction with materials that have undergone less processing and manufacturing than conventional synthetic products. Wherever possible the materials are renewable, originating from crops, and are obtained locally. This book discusses the advantages and disadvantages of various materials and provides a detailed consideration of the main forms of natural construction (e.g. earth, straw, timber). It also covers; green and natural roofs, lime and masonry, insulation, paints and finishes plus planning and regulatory issues. Lavishly illustrated, hardback. 192 pages.



## XS Green, Big Ideas, Small Buildings, Richardson (2007) £14.95

What does it mean to be green? This book is a celebration of idiosyncratic small buildings, and asks what we mean by building 'green' and how doing so enriches the world around us. The projects here are not only about building well, but about seeing well. They embrace the spectrum of small structures from traditional nature huts and ornamental follies, to the charmingly surreal. Buildings that look after people can also be the ones that look after the earth. Delightful book. 223 pages hardback.



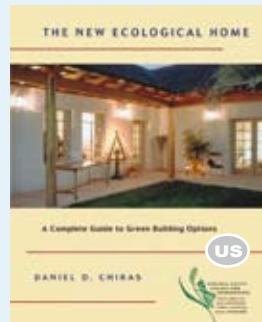
## The New Autonomous House, Vale (2000) £16.95

Documents the design and construction of a four-bedroom house, without mains water or sewerage but with the means to produce power from the sun and the wind, and the facilities to collect drinking-water from the rain. A simple but dramatic message - that it is possible to live in a building that is at once

inexpensive, practical and kind to the planet, and that liberates its owners from utility bills. A blueprint of green architecture for future generations. 256 pages.

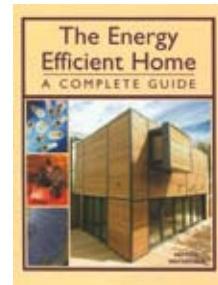
## The New Ecological Home, Chiras (2004) £25.00

An overview of green building techniques, materials, products and technologies that are either currently available or will be in the near future. Chapters include: The Healthy House, Energy Efficiency, Passive Solar Heating and Cooling, Green Power, Environmental Landscaping, Water and Waste, Earth-Sheltered Architecture. Ideal for home buyers, owner-builders and anyone interested in building for a sustainable future. 352 pages.



## The Energy Efficient Home, Waterfield (2006) £16.99

The age of cheap energy is over and energy costs will increase relentlessly in the future as demand outstrips supply. Energy-saving measures in the home will, therefore, become ever more cost-effective throughout lifetimes. This non-technical book is packed full of useful information and covers every aspect of the efficient consumption of energy in the home. Includes: position of the dwelling, its method of construction and the materials used, energy rating, insulation and U-values, heating and hot-water systems, lighting and making the best use of daylight, ventilation, and appliances. Plus wider environmental issues including water economy and recycling. Hardback 176 pages.



## Off the Grid Homes: Case Studies for Sustainable Living, Ryker (2007) £12.99

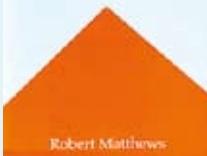
Looks at six contemporary architectural projects that integrate alternative technologies for generating and conserving energy. Being off the grid can refer to many different aspects of energy and resource independence, from rainwater collection, to photovoltaic (PV) systems, to grey-water systems and more. Diagrams and clear explanations of technologies and their appropriate applications are provided alongside the case studies that explain just how the technologies work and how they may best be applied to each individual situation. 128 pages.



# Green Building

## All About Self-Build

A Comprehensive Guide to Building Your Own Unique Home



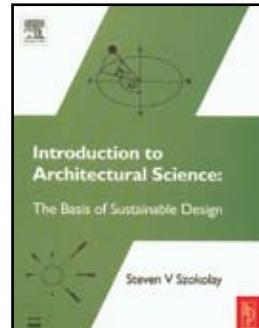
Robert Matthews

for both novices and serial self-builders. 565 pages.

### All About Self-Build, Matthews (2002) £22.00

Anyone thinking of building their own home will find a wealth of information here. Based on real-life it gives a realistic picture of the self-build process - from finding a plot and getting planning permission to designing and managing the building process stage-by-stage. Plus lots of ideas for building a green and healthy home, using renewable energy, harvesting rainwater etc. Suitable

for both novices and serial self-builders. 565 pages.



### Introduction to Architectural Science

Szokolay (2004) £24.99

An accessible reference that provides a full understanding of the physical basis of architectural design while linking it directly to bioclimatic principles. It shows not only how to design and control indoor environmental conditions such as heat, light and sound, but also how to create them with little or no use of non-renewable energy. Full of equations, data sheets and diagrams it is very scientific whilst being accessible. 327 pages.

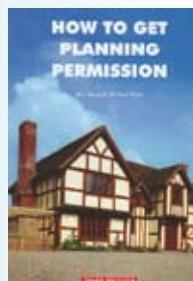
### HOW TO FIND AND BUY A BUILDING PLOT



### How to Find and Buy a Building Plot, Speer & Dade (1998) £12.50

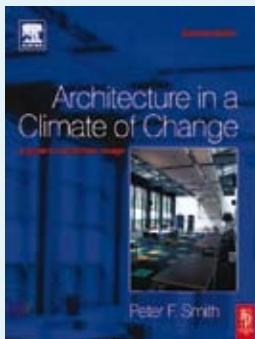
All the essential information you need to locate, assess and purchase a plot. With over 65 illustrations, tables and examples. Sources of plots for sale - and how to get the best out of them, vital points to look out for when inspecting a plot, how to value plots, make an offer, and negotiate your

purchase effectively and heaps more. 160 pages.



### How to Get Planning Permission, Speer & Dade (2003) £12.50

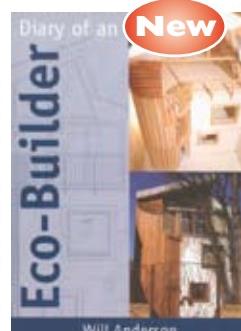
Planning permission is the single biggest hurdle for anyone who has acquired land on which to build a house, or wants to extend or carry out other building work on property. There is never a guarantee that permission will be given and without it no project can start. Yet the system is not at all user-friendly. There is a bewildering array of formalities to go through and ever more stringent requirements to satisfy. This excellent book will help you through the minefield and dramatically increase your chance of success. 160 pages.



### Architecture in a Climate of Change, 2nd edn, Smith (2005) £19.99

This guide to sustainable design calls for changes in the way we build. Designed to promote a creative partnership between professionals to produce buildings which achieve optimum conditions for their inhabitants whilst making

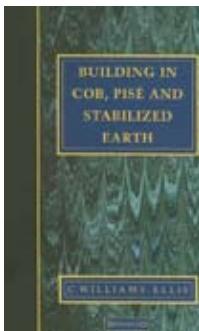
minimum demands of fossil based energy. Looks at design considerations such as insulation ventilation etc and thoroughly explores all the renewable technologies available. Highly recommended reading. 214 pages.



### Diary of an Eco-Builder, Anderson (2006) £14.95

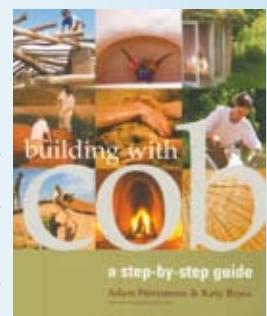
An inspirational account of the challenges of building your own eco-house, from finding a plot, getting planning permission, dealing with finance, sourcing, timber, solar heating, daylighting etc. Highlighting all the key issues which arise when you build an eco-house, records the process of the nitty-gritty of self-build, and provides contacts and references for more information.

The Energy Saving Trust is using this tree house as a case study, and will monitor and evaluate the house to learn from the way it performs. Stunning book. 256 pages.



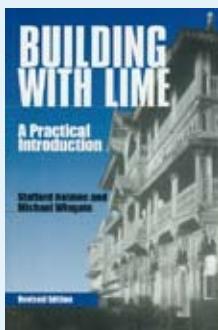
## Building in Cob, Pise and Stabilized Earth, Williams-Ellis (1999 edn) £30.00

First published in 1916 then substantially revised in 1947. Based on experiments undertaken by the author, Clough Williams-Ellis into the use of pise de terre and other earth based materials. Written when traditional building resources such as brick and timber were in short supply, and there was a need to consider the potential for using alternative materials in construction. Valuable not just as a historical document but also as a practical source of advice and guidance. 164 pages hardback.



## Building with Cob, Weismann & Bryce (2006) £25.00

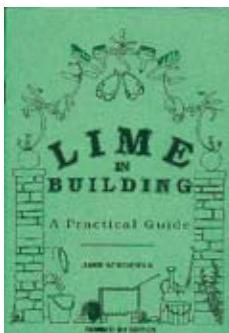
Cob building uses a simple mixture of clay sub-soil, aggregate, straw and water to create solid structural walls built without shuttering or forms, on to a stone plinth. This ancient practice has been used throughout Britain for centuries - the fact that 45,000 of Cornwall's housing stock is cob, is a testament to the material's strength and durability. This practical book covers everything from design, planning and siting, to roofs, insulation and floors. Lavishly illustrated with inspirational colour photographs. 252 pages.



## Building with Lime, Holmes & Wingate (2002 edn) £22.95

Lime has been used in building for thousands of years and is considered to be the best and most versatile binder in the world. This book is an excellent starting point for those considering using lime as a building material, and as a general reference to the broad

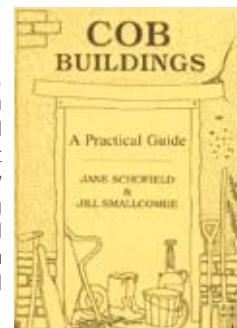
range of uses for lime in construction. 309 pages.



## Lime in Building, Schofield (1997)

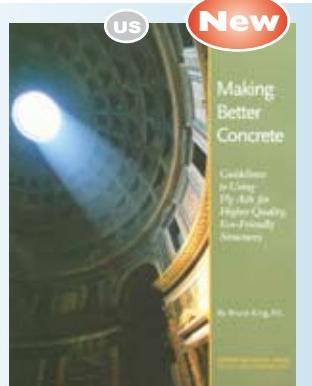
£4.50

If you want to use lime to repair and redecorate an old building, but are unsure where to start or what to do then this booklet is for you. Simple recipes, advice on preparation and techniques, plus a very useful suppliers list. A top seller. 32 pages.



## Cob Buildings, Schofield & Smallcombe (2004) £6.50

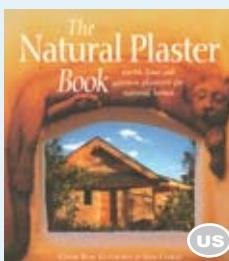
If you care for a cob house or barn, or are thinking about building in cob, then this practical booklet will show you how to plan and carry out effective and environmentally friendly work. Includes advice on choosing solids with easy 'rule of thumb' field tests, how to mix and build with cob plus a list of useful people and organisations. 48 pages.



## Making Better Concrete, King (2007) £12.95

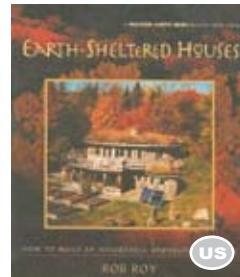
We use so much concrete - far more than any other building material. We need to explore how we can use it without undue damage to the environment. Fly ash as an eco-friendly alternative to using portland cement in concrete, but until now there has been no easy guide to how it makes superior concrete, or to how to use it. This isn't just for people who want to 'build green' - this is for people who want to build better concrete. 53 pages.

# Green Building



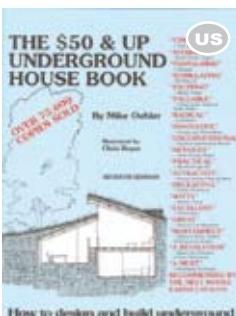
## The Natural Plaster Book, Guelberth & Chiras (2003) £24.99

For builders of natural homes (straw bale, cob, adobe, rammed earth and other natural materials), this unique step-by-step guide takes the confusion out of choosing, mixing and applying natural plasters (earth, lime and gypsum) and natural finishes. How to ensure a long-lasting, durable and protective finish that requires minimal upkeep. This is the only comprehensive guide available, suitable for self-builders as well as professionals. Illustrated with practical drawings and photos. 250 pages.



## Earth-Sheltered House, Roy (2006) £17.50

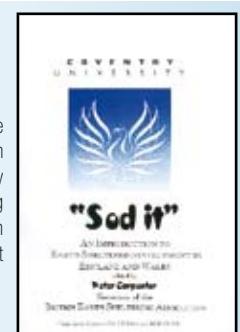
A practical guide for those who want to build their own underground home at moderate cost. It describes the benefits of sheltering a home with earth, describing all the various construction techniques involved including: planning, excavation, footings, floor, walls, framing, roofing, waterproofing, insulation and drainage. Specific methods appropriate for the inexperienced owner-builder are a particular focus and include: pouring one's own footings and/or floor, post-and-beam framing plank-and-beam roofing, drainage methods and self-adhesive waterproofing membranes. Resource section is U.S. but all have websites. 256 pages.



## The \$50 & Up Underground House Book, Oehler (1997) £14.95

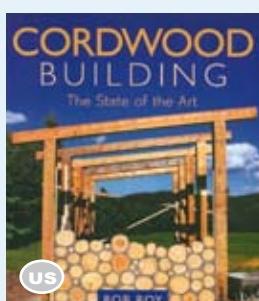
An underground house is possibly the most aesthetically pleasing of all modes of construction. The advantages are numerous and include; using less building materials, no need for foundations, less labour, warm in winter, cool in summer, weatherproof,

low-maintenance, soundproof and very cheap to build. Easy to read and understand this is THE book on how to build your own. 116 pages.



## 'Sod It', ed Carpenter (1995) £16.00

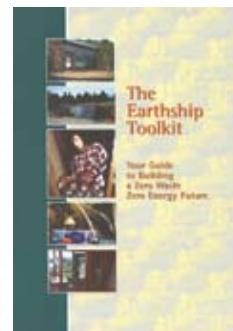
The essential guide for anyone thinking of building an earth sheltered house. Particularly valuable on the problems of getting planning permission, with an excellent bibliography and contact addresses. 147 pages.



## Cordwood Building, Roy (2003) £22.50

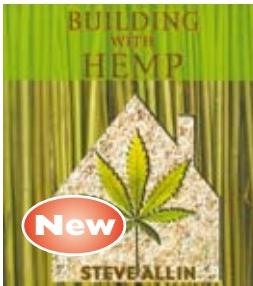
Cordwood masonry is an ancient building technique where walls are constructed of short logs, called log ends, laid transversely in the wall (as a cord of firewood is stacked). Once you read this book you'll want to build one of these beautiful houses

that can be virtually any shape and can even incorporate bottles to let natural light in. They are easy to build, economical, energy-efficient and environmentally-friendly (you could use hydraulic lime where cement is specified). 240 pages.



## The Earthship Toolkit, Kemp and Cowie (2004) £18.00

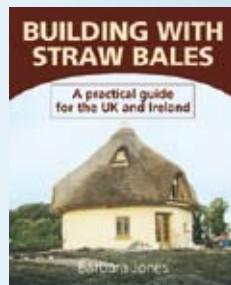
An Earthship is a passive solar building with thermal mass, made from natural and recycled materials, including earth-rammed tyres and aluminium cans. Powered by renewable energy - wind, water and solar power, it catches its own water supply from rainwater, and treats and contains its own sewage in planter beds. It is a concept, not a set design, and can be adapted for any climate worldwide. This book condenses the experiences of building the UK's first Earthship in Fife and answers the questions that everyone asks: Does it work? What about planning? What does it cost? 80 pages.



## Building with Hemp, Allin (2005) £24.50

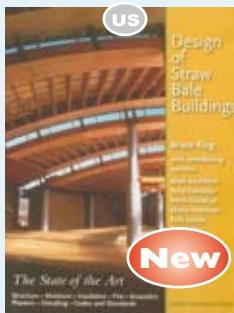
With the increased interest in ways of building utilising natural materials and environmentally sensitive designs and methods, many are looking for ideas they might be able to incorporate into their own projects, including hempcrete and hemp

plaster. This book showcases the recent development of using hemp products in an ecologically sustainable system. The information which can be used by architects, builders, developers, interior designers and 'do it yourself' enthusiasts, is presented in plain language and includes over 300 colour photographs, illustrations and diagrams. 190 pages.



## Building with Straw Bales, Jones (2002) £9.95

As a building material, straw excels in the areas of cost-effectiveness and energy efficiency. If used to replace the more traditional wall-building system of brick and block, it can present savings of around £4,000 on a normal 3-bedroomed house, and a huge reduction in heating costs due to super-insulation of the walls. Written by the most experienced straw bale builder in the UK it details all the main construction methods including plans, bale specifications, walls and foundations, doors and windows, plastering, building regulations and planning permission etc. Also includes 15 construction drawings. Highly recommended. 128 pages.



## Design of Straw Bale Buildings, King (2007) £25.00

For the first time, a design manual for practicing professionals, drawing on the collective experience of the most senior and respected figures in this rapidly emerging field. This provides the latest technical knowledge on every aspect from plaster & reinforcing, various loads, moisture, insulation, acoustics, fire, details & design and codes and standards. Perfect for architects, engineers, building officials and builders. A true state-of-the-art source of information. 260 pages.



## More Straw Bale Building -How to Plan, Design and Build with Straw, Magwood, et al (2005) £21.99

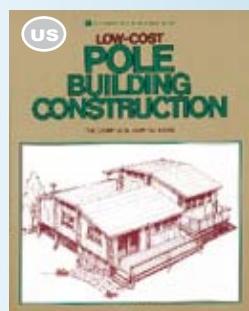
Straw bale houses are easy to build, affordable, super energy efficient, environmentally friendly, attractive, and can be designed to match the builder's personal space needs, aesthetics, and budget. This book leads the potential builder through the entire process of building a bale structure, tackling all the practical issues: finding and choosing bales; developing sound building plans; roofing; electrical, plumbing, and heating systems; building code compliance; and special concerns for builders in northern climates. Plus a very useful section on common mistakes. 278 pages.



## Strawbale Home Plans, Bingham and Smith (2007) £14.99

The idea of building with strawbale is appealing because of its energy efficiency, insulative quality and organic nature, plus the versatility of being able to build anything from a garden wall to a school complex. This has 31 completed

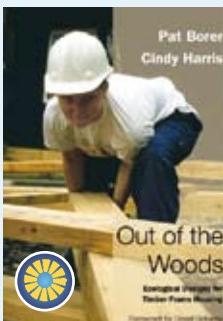
projects with plan drawings for building a diverse collection of strawbale buildings, from small retreats and rural off-the-grid homes to urban houses and commercial buildings. 184 pages.



## Low-Cost Pole Building Construction, Wolfe £13.99

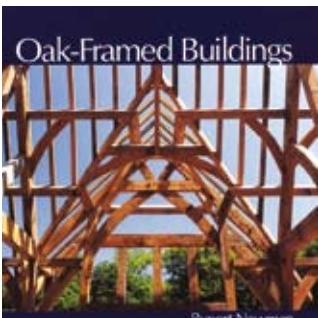
This book will make pole-building construction THE answer to your building needs. With plans for homes, holiday homes, garage, woodshed, solar cottage, small pole barn and a storage shed. Complete with excellent illustrations, plans and examples - you can build it yourself with this book. 182 pages.

# Green Building



## Out of the Woods: Ecological Designs for Timber Frame Self Build, Harris and Borer (1997) £17.50

For anyone considering building their own ecological timber frame home this is a good investment. Guides you through the entire process from first ideas to finished home. Read it before you start and keep it in your tool box as you build. 124 pages.



## Oak-Framed Buildings, Newman (2005) £24.95

Oak-framed buildings have been with us for centuries. They are beautiful, durable and environmentally friendly, and by marrying traditional and modern materials they can be brought to a very high standard of energy-efficiency. This is

a practical book on the technique of timber-frame construction for carpenters, builders and aspiring self-builders, but it will also be a source of inspiration to anyone who appreciates beautiful buildings. Full-colour photographs show projects by the author and others both complete and under construction, and structural details are clearly explained both in photographs and in three-dimensional drawings. 192 pages.

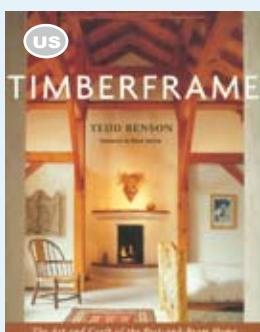
## Natural Timber Frame Homes, Bingham & Pfeffer (2007) £17.99

This is about the future of houses - those inspired not by a technology-governed and energy-intensive world, but instead developed organically in response to the places in which we live. The use of locally available materials results in more durable and beautiful homes, which are adaptable to a variety of locations and can be constructed primarily with human power. Full of practical advice on building with straw bales and plaster or clay finished walls. 146 pages, hardback.



## Hazardous Building Materials, 2nd edn, Curwell & March (2002) £49.99

A guide to the selection of environmentally responsible alternatives. An excellent detailed reference source of the use in residential buildings of materials known or suspected to harm health and the environment. Alternative materials are evaluated with using unique data sheets which compare environmental impact, cost, health, safety and technical performance. 224 pages.



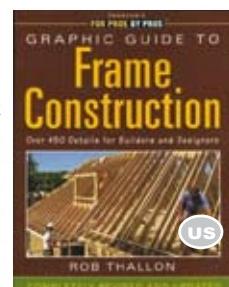
## Timberframe, Benson (2001 edn) £24.95

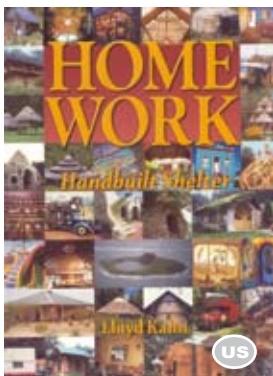
Explores the lavish, varied design potential of this timeless architectural form. With 400 photographs, drawings and plans, the book showcases 23 homes and 6 timberframe home extensions that display the warmth, character and versatility of the modern timberframe house. Whilst most modern homes conceal their

skeletons, the timber frame home honours the structure by displaying it for all to see. The elegant beauty of soaring wood timbers, each magnificently crafted to join with the next, emphasises strength, safe haven and permanence. A stunning visual gallery and a compelling source of inspiration. 232 pages.

## Graphic Guide to Frame Construction, Thallon (2000) £17.95

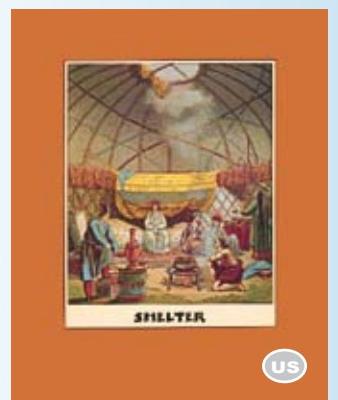
A complete visual handbook for architects, builders, students and anyone else interested in timber-frame construction. Section-by-section foundations, floors, walls, stairs and roofs are covered, and cross-referenced giving information about systems and materials. Hundreds of clear drawings including energy efficiency, designs for high winds etc. 240 pages.





## Home Work, Khan (2004) £16.99

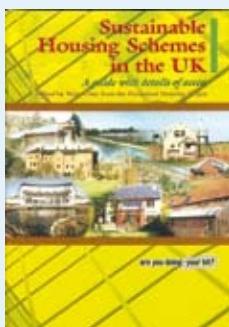
Khan's latest and most ambitious contribution to home-made architecture, a stunning sequel to Shelter that illustrates new and even more imaginative ways to put a roof over your head. This showcases the ultimate in human ingenuity, building construction and eco-centric lifestyle. From yurts to caves to tree houses to tents, thatched houses, glass houses, nomadic homes, riverboats and more, each hand-built dwelling finds itself at one with its environment, blending harmoniously with the earth, using organically sustainable materials. Brilliant. 256 pages.



## Shelter (1973)

£15.99

A true classic. Lavishly illustrated with over 1,000 photographs (mainly b/w) and numerous drawings of basic shelters from around the world. An incredible feast of a book about simple homes, natural materials and human resourcefulness. One of the most popular books in our shop it has sold consistently well for over 20 years. Very large format. 176 pages.



## Sustainable Housing Schemes in the UK (2002) was £10.00

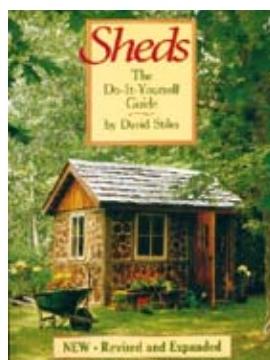
- now £7.50

Based on the experience of the Hockerton Housing Project this guide identifies 28 key issues that need consideration in setting up a sustainable project. Includes legal, financial, planning and design etc. It looks in detail at 31

case studies and has information on another 50+ schemes. Lots of useful information, contacts etc plus details on what attracts people to community living and what are the key blockages to their development. 50 pages.

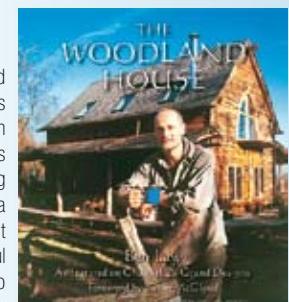
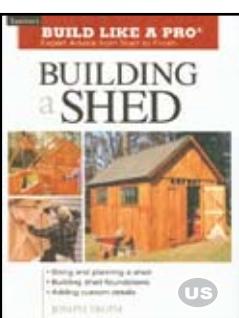
## Sheds, The Do-It-Yourself Guide, Stiles (2000) £16.95

People just love their sheds! This has everything you need to know to design, build and enjoy the ultimate backyard shed. It goes through each step of building an 8' x 10' shed - from foundation to cupola and everything in between. With plans for about 15 more sheds from a Recycling Shed to a Japanese Boat Shed. A must for all DIYers. 182 pages.



## Building a Shed, Truini (2002) £16.95

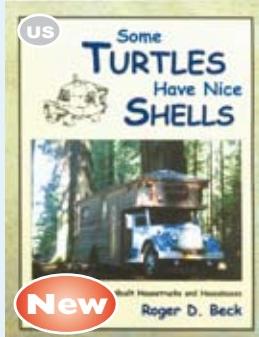
Just what the title says! Expert advice from start to finish, from siting and planning a shed to building the foundations to adding all the little custom details. Crammed with details to help your project run smoothly and cost effectively. Virtually every double page has a Professional Tip, What can go wrong and a 'Trade Secret', together with clear instructions and photos, diagrams, plans, safety tips etc. 202 pages. One of our top sellers.



## The Woodland House, Law (2005) £14.95

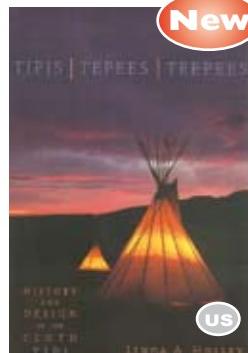
In 2003 Ben Law captivated the nation by building his woodland house on Channel 4's Grand Designs programme. Full of stunning colour photographs, this is a visual guide to how Ben built his outstandingly beautiful home in the woods. It is also a practical manual and the story of a man realising a lifetime's dream to build one of the most sustainable and beautiful homes in Britain. It gives details of the evolving design process, the identifying of materials, costings, project management and the actual building. 96 pages hardback.

# Green Building



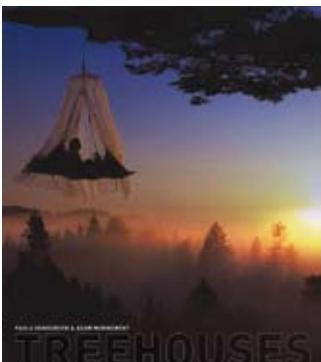
## Some Turtles Have Nice Shells, Beck (2002) £25.00

Many people have the dream of being a gypsy - a dream of travel and freedom. For every housetruck or housebus, there is an artist who has built it to meet their individual needs. This is the "encyclopedia" on these homes on wheels with 390 of the author's best photos! It is the most complete book ever written on the subject. Includes construction sections showing the building of a housetruck and the raising of a roof on a housebus. 192 pages.



## Tipis, Tipees, Teepees: History and Design of the Cloth Tipi, Holly (2007) £9.99

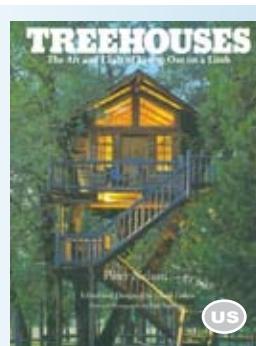
Tipis can be found all over the world in dozens of cultures. These fascinating dwellings are experiencing a resurgence in popularity because of their unique qualities: they are easy to transport, comfortable to live in for long periods of time, and weather resistant. This extremely thorough book explores the many different methods of tipi construction and includes dozens of drawings, photographs, illustrations, and diagrams that show how to construct, decorate, and transport a tipi. 240 pages.



## Treehouses, Henderson & Mornement (2005) £25.00

This is a sumptuous exploration of treehouses from around the world as well as description of ornamental treehouses in gardens of the past. It looks at people who have taken to the trees as a way of life and the ecologically sustainable structures using modern

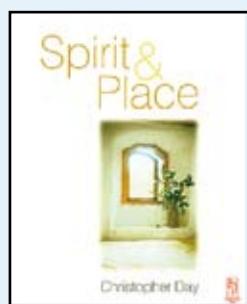
technology that will be the treehouses of tomorrow's world. Includes advice on the practicalities of construction from expert treehouses builders. Fabulous photographs and illustrations, a real treat. Hardback



## Treehouses, Nelson & Larkin (1994) £13.95

How to design and build a treehouse including choosing the right tree or trees. Includes a photo essay showing a spectacular 200 square foot octagonal treehouse built 30 feet up plus delightful photos of

some unusual and quirky designs. 128 pages.



## Spirit and Place, Day (2002) £28.99

This book is quite simply about how to make the world a better place, through better buildings. It shows how to carefully design and build using the elements of light, water, earth, warmth and air to shape the spaces we use into life-enhancing buildings that nourish the spirit and repair the community. Brilliant book, full of information. Highly recommended. 253 pages.



## Mongolian Cloud Houses, Kuehn (2006) £9.99

This book is intended for the individual who has lots of time but not much money. Many materials are scrounged for free (rubber inner tubes), or gleaned from nature (willow sticks). It takes you through every step of the creation of a 13' diameter, 10' tall yurt. It covers everything from the poles and lattice that form the basic structure to the pluses and minuses of various materials to the "luxuries" like solar windows and lofts. 142 pages.

## Auro Natural Decorating Products

Auro are distinguished among natural paint manufacturers for their uncompromising commitment to product quality and environmental standards. Their comprehensive natural product range includes breathable paints (gloss and emulsion), microporous wood finishes (including coloured woodstains), waxes, varnishes, fillers, a new anti-mould system, a new airfresh wall paint range, brushes, cleaning products and adhesives. Please contact us for an information pack (receive 5% off list prices if you order through us).



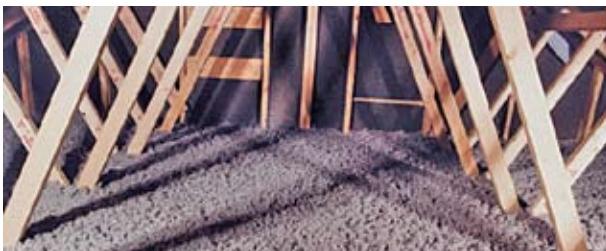
New



## Lime Products in Renovation DVD

£11.75

A training DVD that provides a practical introduction to using lime products and traditional techniques. It covers many repair and maintenance jobs on traditional buildings including building stone rubble walls, repairing cob walls, lime rendering, lime plastering onto solid walls and lath, preparing and repointing stone wall joints, limewashing, health and safety and the tools required. 1 hour running time.



## Warmcel Natural Thermal Insulation

Warmcel is a loose fill insulation made from recycled paper. It is non toxic, non irritant, safe to handle, easy to use and cost effective. Recently voted a Best Buy by Which? Consumer magazine. Fire/insect resistant and CFC-free, it consumes negligible energy in manufacture. It has a thermal conductivity of 0.035W/mK (comparable with mineral wool). DIY applications are for horizontal use only. Please contact us for an information pack



## Eco Paint and Varnish Remover:

500ml £8.00

1litre £12.00

2litres £22.00

## Textured Coatings/Wallpaper Remover

2.5litres £25.00

Powerful water-based products that are totally safe, highly effective and very economical – less than half as much needs to be used compared with hazardous solvent based strippers. No fumes, non toxic, non caustic and environmentally friendly.



## Worx Natural Heavy Duty Handcleaner

180g bottle £4.25

454g bottle £9.00

A safe high performance industrial strength hand cleaner that effectively removes stubborn stains, grease, oil, printer's ink etc without damaging your hands or the environment. It contains only safe natural active ingredients and meets stringent environmental criteria. Super concentrated formula – only a teaspoonful is needed, making it very economical. Approx. 85 washes from 180g bottle.

New



## Thermafleece - Sheep's Wool Thermal and Acoustic Insulation

A natural insulation product that is suitable for both vertical and horizontal applications. It has a thermal conductivity of 0.039W/mK and takes minimal energy to manufacture. Thermafleece can help to actively control the temperature of a building due to its ability to adsorb and release water vapour and can also prevent interstitial condensation in construction cavities. It is fire and insect/moth resistant, and is totally safe to handle. Please contact us for an information pack.

# Ecological Cleaning



## 1) E-Cloth Mop System £25.00

- 2) Replacement Dry Mop Head (45x14cm) £7.00  
Replacement Damp Mop Head (45x14cm) £7.00

Superb durable lightweight system comprising telescopic handle, base, dry head and damp head. Ideal on all hard floors, ceilings and walls. Dry head removes dust and light dirt (instead of a vacuum cleaner) and buffs up floors. Microfibre damp head effectively removes grease and more stubborn dirt when dampened. Heads attach to the base with velcro for easy use and removal for washing.

## 3) General Purpose E-cloth (32x32cm) £4.75

- 4) Large General Purpose E-Cloth (32x64cm) £7.00  
5) General Purpose Mitt (26x16cm) £8.75  
6) Glass/Polishing E-cloth (50x40cm) £4.75

## Starter E-cloth Pack (4 General /1 Glass) £17.00

Highly effective microfibre cleaning cloths that clean all hard surfaces in the house using just tap water, with no need for chemicals. General purpose cloths can clean thick grease and the glass cloth easily removes greasy marks from all shiny surfaces. The lined general purpose mitt is perfect for all hard-to-reach places. All can be washed at least 300 times in a hot wash.

## 7,8,9) E-Cloth Washing-up Pack £13.00

### 7) Replacement Washing up Pad (11 x 16cm) £4.00

Pack contains a washing up pad (7), a standard general purpose E-cloth (8) and an E-cloth tea towel (9). The specially designed microfibre pad cuts through grease and features a slightly more abrasive side for extra cleaning power. The general purpose cloth cleans and shines the sink area and the super absorbent microfibre tea towel leaves glass and crockery smear free and dry in seconds.

## Soap Pods

190g (approx. 25 washes) £5.00

1kg (approx. 140 washes)

£20.00

Soap pods are a totally natural alternative to laundry detergents that are sustainably harvested from the soap nut tree. The saponin contained in the soap nuts is released on contact with water to carry out effective cleaning. Put a few in the bag provided and place in the wash. They can be reused up to 3 times before being composted. Cost effective and ideal for sensitive skin.



New

## Ecoball Laundry Kit £34.75 (pictured)

Ecoball Refills (270g) £19.50

### Eco Stain Remover (135ml) £2.75

Ecoballs are a very popular hypoallergenic residue-free alternative to conventional laundry detergents, ideal for sensitive skin. They can also save water and energy by reducing rinsing requirements.

Effective and very economical. Up to 1000 washes from each kit (3 wash balls, 3 refills and a small eco stain remover). Ecoball Refills (only to be used with Ecoballs) are now available - up to 750 extra washes from a pack. The effective Stain Remover has

not been tested on animals and is fragrance and phosphate free.



## 100% Organic Cotton Bedding:

Pillowcase (50x75cm) £7.75

Single Fitted Sheet (95x200cm) £23.50

Single Duvet Cover (140x200cm) £38.00

Double Fitted Sheet (140x200cm) £29.75

Double Duvet Cover (200x200cm) £52.50

King Fitted Sheet (160x200cm) £31.75

King Duvet Cover (225x220cm) £57.75

A classic range of long lasting undyed, unbleached plain organic cotton bedding made under fair working conditions. We can also supply a wide range of 100% organic duvets, pillows and mattress protectors – please contact us for details.



## Luxurious 100% Organic Cotton Terry Towels:

Face Cloth (30x30cm) £2.25

Hand Towel (50x100cm) £7.75

Shower Towel (70x140cm) £13.75

Bath Towel (100x180cm) £22.00

Hooded Baby/Toddler Towel (100x100cm) £15.00

Sumptuous Soil Association accredited heavyweight towels made from top quality organic yarns under fair working conditions.



### 1) Original Logmaker £30.00

Obtain free heat from old newspapers. Easy and safe to use – just soak the paper, place into the mould and squeeze. After complete drying, the log will burn as well as wood for up to an hour at a controlled rate in a fire grate or woodburning stove. Made in Britain – not to be confused with inferior and less ethical imports.



### 2) Instant Fuel Logmaker £27.75

This logmaker cleverly produces fuel logs from appropriate burnable household/garden waste using a sheet of old newspaper as the 'outer casing' – no wetting required and ready to burn immediately. Full instructions supplied. Compact (37x9cm) and lightweight (500g). Made from 100% recycled plastic. Lifetime guarantee.

## 100% Organic Cotton String Bag £4.00

Very handy hard-wearing bag that carries heavy loads without cutting into your hand.

## New Eco Multifunction Clock £14.75

### Replacement Water Cells £5.00 for 2

**New**

New improved product that features water switching action and incorporates a digital clock (time, day, date), alarm, countdown timer and room thermometer. The particular function required is selected by rotating the clock through 90 degree turns. The clock is powered by an environmentally friendly water activated battery that just needs topping up with tap water. The battery can be replaced at the end of its useful life (2 years minimum). 9x9x5cm.



# Recycling...Recycled



## Recycling Bin £16.75

These practical and stylish bins are intelligently designed to provide a total solution to the problems often associated with the storage and separation of recyclables. They can stack up to 4 units high and feature a unique scoop design allowing access to each unit when stacked. Any odours are contained by the close-fitting lid. Generous 37 litre capacity – enough for 15 wine bottles, approx. 2 weeks' newspapers or 50 aluminium cans. Made in the UK from 90% recycled polypropylene. 45x33x45cm.



## Steel-Can Crusher

£24.75

This excellent robust can crusher safely and effectively crushes steel food cans ready for recycling. Made in Britain.

## Can and Bottle Crusher

£15.00

This 100% recycled plastic recycling tool safely and effectively crushes empty plastic bottles, juice cartons, drinks cans etc. to a quarter of their original size. Bottles ranging from 500ml to 9 litres in volume can be crushed. It is very safe to use.



## Doy Bag Shopper (28x28x18cm) £10.00

## Doy Bag Kids Backpack (26x28x15cm) £12.75

Multiple award winning products for their environmental credentials and outstanding contribution to waste recycling and employment generation. Made from recycled foil juice packs by a women's co-operative. The Shopper has an inner divider and canvas lined shoulder length handles. The Backpack has adjustable shoulder straps, zip fastenings and a roomy outside zip compartment. Designs may vary.



## Recycled Bottle Glassware:

Pair of Clear Olive Goblets - Sun design £11.00

Pair of Clear Glass Goblets - Sol beer design £11.00

Pair of Frosted White Flutes - Fish design £11.00

Pair of Frosted White Tumblers - Fish design £8.50

Stylish and trendy glassware, smartly packaged and made in Cornwall from recycled bottles. 90% of the energy normally used to make recycled glass is saved through the ingenious energy efficient process which redesigns bottles into beautiful glasses.

New



## Kitchen Waste Digester System £50.00

### Bokashi Bran Refill (600g) £4.00

Revolutionary system for converting all biodegradable kitchen waste (including meat, fish and dairy products) into a valuable nutrient-rich end material that can either be dug straight into the garden (where it breaks down quickly to improve soil quality) or added to traditional compost heaps/bins to produce nutrient rich end compost. Simply place kitchen waste into one of the buckets, sprinkle on a little of the bokashi bran and replace the airtight lid. The bokashi bran is a specific blend of effective microorganisms grown on bran and molasses. This is responsible for the success of the odour-free process. Once full, the bucket is left to ferment for around 2 weeks before emptying (note contents will resemble original kitchen waste at this stage before rapidly breaking down in the soil or compost bin). The liquid that needs to be regularly drained from the bucket is a valuable nutrient rich plant food and can also be used to maintain drains etc. The system comprises two 18 litre buckets (37x32x26cm) with inner drain trays, close-fitting lids (to ensure airtight conditions) and taps/washers (which must be attached securely), 600g bokashi bran (around 2 months supply) and a scoop.

## High Performance Hot Composting System £115.00\*

\*Price includes carriage to UK mainland address

An easy-to-use system for all types of biodegradable garden and kitchen waste (including uncooked or cooked fish, meat, bones and dairy products). The system is designed to produce excellent friable compost from 2 parts kitchen waste to 1 part garden waste. Position on grass or soil in the shade for optimum performance. Rodent proof with easy access to compost. 95cm high, 90cm base diameter. 5 year warranty.



## Wooden Modular Compost Bin £82.00\*

Extra Module £69.00\*

\*Price includes carriage to UK mainland address

A superior quality compost bin made using sustainably harvested solid wood that has been treated with a non-toxic eco friendly wood preservative. Simple to assemble in minutes without tools, nails or screws. Large 570 litre capacity (75x91x91cm) with the option to double or treble its capacity by adding extra modules (bin + single module pictured).

## Can-O-Worms Value Pack Wormery £92.75\*

\*Price includes UK delivery

Very popular stack system wormery made from recycled plastic. Recycle your organic kitchen waste into valuable worm casts and nutritious liquid plant feed. The value pack contains everything needed to set up the wormery including a voucher for around 1000 composting worms.



## Odour-free Compost Caddy £7.50

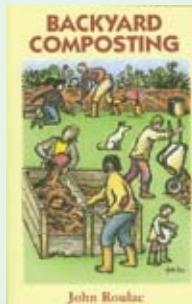
Replacement Filters £3.25 for 6

Compostable Caddy

Bags £3.00 for 20

Handy kitchen caddy made from recycled plastic with a replaceable carbon filter to remove odours. Generous 9 litre capacity. 33cm high x 22cm x 17cm. The 100% GM-free cornstarch caddy bags biodegrade quickly during composting.





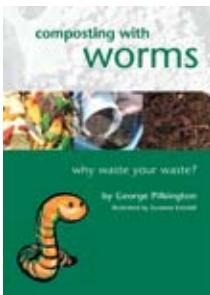
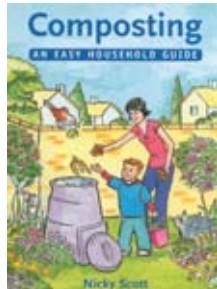
## Backyard Composting, Roulac (1995) £4.95

Composting at home reduces your personal volume of rubbish, conserves water, increases plant growth, replaces the need for toxic chemical fertilizers and pesticides, and is also fun. This book discusses the types of bins available and how to build one from scrap materials, plus time-saving tips and a troubleshooting chart. 96 pages.

## Composting, Scott (2006)

£4.95

Easy household guide which tells you everything you need to know about composting, from the different containers that are available to an A-Z guide on how to compost everything from ash to weeds. How to use your compost, how to compost in small spaces and how to get more involved in bigger community schemes. Suitable for beginners to serious enthusiasts. 96 pages.



## Composting with Worms., Pilkington (2005) £7.95

Written by an unashamed worm composting fanatic who gives lectures around the country on worm composting. All you ever wanted to know about - how worms turn waste into compost, which worms to use, which worm bin is most suitable for your needs, how best to use your worm compost, plus loads more useful advice. All this, together with a tasty

menu for your worms, will set you on your way to converting your waste, easily and efficiently to valuable, soil-enhancing compost. 123 pages.



## Paper Potter £10.00

Make ideal starter pots for young transplants and seedlings from old newspaper using this award winning paper potter made from sustainably managed British beech. Simply cut the paper into strips, roll around the potter and press into the mould to form pots that will biodegrade in a few weeks.



## Aerated Polythene (1.8 x 10m) £15.00

Micromesh (1.8 x 5m) £17.00

Fleece Blanket (1.8 x 10m) £12.00

Groundpegs £4.00 per pack of 12

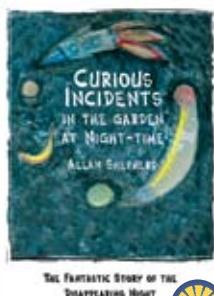
New

Generously sized unobtrusive advanced plant protection fabrics that optimise light penetration. The UV stabilised **Aerated Polythene** ripens and protects fruit and veg, stimulates seed germination, allows access for pollinating insects and encourages moisture and air to circulate, thereby reducing mildew and disease. The 0.6mm ultra-fine **Micromesh** provides superior protection against insect and pest attack and provides some protection against weather damage. The **Fleece Blanket** is double the weight of usual bulk roll fleece and provides effective weather and pest protection. It is fully permeable, encouraging vigorous growth.

## Soil Testing Kit £13.00

An accurate test kit that evaluates the pH, nitrogen, phosphorus and potassium content of soil. Regular testing can facilitate optimum plant growth and garden management. The kit is contained within a sturdy carrying case and comes with full instructions. Enough for 70 tests.





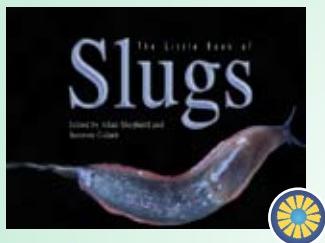
**Curious Incidents in the Garden at Night-Time - The Fantastic Story of the Disappearing Night, Shepherd (2005) £8.99**

Part fable, part practical gardening book, this eloquent appreciation of the glories of the garden at night-time will be loved by anyone with a passion for gardening, wildlife and the future of planet earth. Beautifully illustrated, timely and unique. 192 pages.



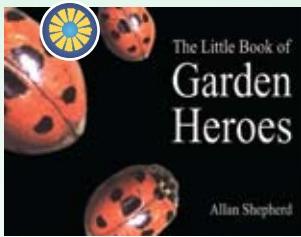
**The Organic Garden, Shepherd (2007) £17.99**

Passionate, eloquent and practical: gardening books don't come much more inspirational than this. A unique collaboration between Allan Shepherd, Collins and CAT which includes tons of ideas for green living, a starter gardener's guide to organic gardening and hundreds of useful contacts and websites to help you make your garden beautiful and ethical. Full colour, hardback, printed on FSC paper and made in Britain! 256 pages.



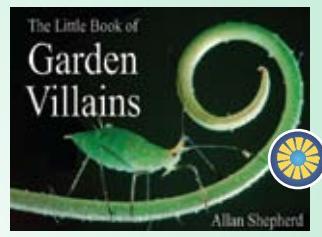
**The Little Book of Slugs, (2002) Shepherd & Gallant £4.99**

For the gardener who has everything – including slugs. Contains: 70 techniques, tools and tricks for trouncing the garden gastropod without resorting to the chemical slug pellet; extensive lists of slug resistant plants; and a full exposé of the secret life of the slug so you can really know your enemy. 120 pages.



**The Little Book of Garden Heroes, Shepherd (2004) £4.99**

Organic gardening is so much easier with this fun packed book. Combines irreverent story telling with useful information about the science, history and culture of pollinators, soil improvers, predators and beneficial insects.



**The Little Book of Garden Villains, Shepherd (2006) £4.99**

Every gardener has their bugbears, or should that be bugs to bear – slugs, aphids, vine weevil and the rest? The latest title in CAT's 'Little Book' series helps the starter gardener get to grips with the mighty garden pests that wage war on plants. Amusing, informative and defiant. 128 pages.

How to make soil and save Earth



Allan Shepherd

**How to Make Soil and Save Earth, (2003) Shepherd was £4.99**

- now £2.50

Follow our simple recipe for making soil and you'll see rubbish

in a whole new light. Cardboard and kitchen scraps become compost; plastics, metals and glass become a resource not refuse. Includes a directory of recycling bodies who really want the stuff you don't. 112 pages.

**SlugX Portable Slug and Snail Trap £5.75**

Winner of several 'Best Buy' accolades, this product comes with glowing customer testimonials. Made in the UK from recycled plastic, it consists of a base unit with 3 wells, 4 funneling access openings and a tight fitting lid. Slugs and snails are successfully lured into the trap with beer (not included). Safe and effective.





## Easy Tunnel Range: Polythene, Fleece and Net

Standard:	Giant:
£20.00 each	£25.00 each
3 for £45.00*	3 for £60.00*
5 for £70.00*	5 for £95.00*

\*plus £5.00 carriage to one mainland UK address

Save £15 on any 3 or £30 on any 5 ready assembled tunnels and provide high quality, year round protection for your plants. Galvanised steel hoop construction with drawstring ends. **Standard:** 3m(l) x 45cm(w) x 30cm(h); **Giant:** 3m(l) x 60cm(w) x 45cm(h).



## Garden Bell Cloches

Small £12.00 for 3 or £38.00 for 12 (save £10)

Medium £15.00 for 3 or £50.00 for 12 (save £10)

Large £45.00 for 3

**Collection (2Lrg + 6Med +6Sm) £64.00 (save £20)**

A superb range of bell cloches which provide a protected optimised environment for flowers, veg and herbs. Each bell features an adjustable vent and comes with ground pegs. Dimensions: **Small** 20cm high; 25cm diam; **Medium** (26cm high, 34cm diam); **Large** 36cm high, 45cm diam.



## Easy Fleece Jackets:

Small (80cm x 60cm) £6.50 for 4

Medium (1m x 80cm) £6.50 for 3

Large (1.8m x 1.2m) £6.50 for 2

Designed to provide effective protection for plants against frost and harsh weather whilst allowing light and moisture to pass through to ensure healthy growth. Also promote growth during the spring. All feature integral drawstrings. **Small** size is ideal for smaller containers; **Medium** for hanging baskets and medium containers and **Large** for 'specialised' garden plants and large containers.

## Original Grow Bed £29.00

### Original Grow Bed Extension Kit £22.00

Grow Beds are perfect for raising home grown vegetables if space is limited or if soil is poor (24kg potatoes can be produced in one Original Grow Bed). Grow Bed consists of 4 x 1m wall panels (25cm high) plus corner pins to make a one metre square raised bed. Simple quick assembly – no tools needed. Each extension kit increases the area of the bed by one square metre. Kit assembly requires the use of a drill. All made from very strong and long lasting recycled plastic.

New



## Mini Grow Bed £22.00

Liner £4.50

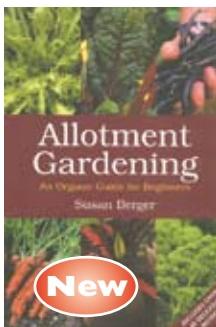
### Mini Grow Bed with support frame £29.00 (not pictured)

### Mini Grow Bed Extension Kit £18.00

All the benefits of the Original Grow Beds but around half the size - 97 x 51cm (25cm high), making it suitable for patios, balconies etc (liner available). A 165cm high sturdy aluminium crop support frame (that anchors in each corner) is available for the Mini Grow Bed (not shown). Each extension kit increases the bed by half a square metre. Kit assembly requires the use of a drill.

New

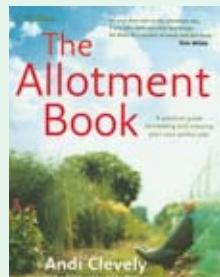




## Allotment Gardening, an Organic Guide for Beginners, Berger £9.95

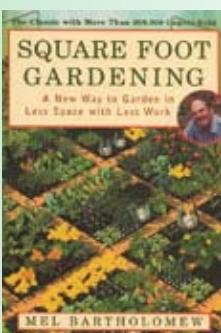
A practical guide to growing your own fruit and vegetables organically. Aimed at those who have not had an allotment before, or are new to growing their own, it is packed with advice from choosing and planning your allotment through to harvesting and storing your produce. Plus for each fruit and veg is an easy recipe from simple soups to Frizzled Brussel Sprouts. Also includes a directory of organic seed suppliers and useful organizations. 128 pages.

New



## The Allotment Book, Clevely (2006) £17.99

No longer considered the preserve of old men in sheds, allotment gardening is currently enjoying a renaissance of interest. This excellent book has all the practical knowledge you need to make the most of your allotment. Choosing a gardening method - organic, biodynamic, rotation beds etc, selecting crops - what and how to grow, soil management, troubleshooting pests and diseases and a detailed guide to the allotment year to help you plan ahead. Plus constructing sheds, compost bins, cold frames, fruit cages etc. 224 pages hardback.



## Square Foot Gardening Bartholomew (2005 edn)

£12.99

How to garden with 80% less space and work. Mel Bartholomew, a retired engineer and efficiency expert devised an ingenious planting method based on using square foot blocks of garden space instead of rows. Gardeners build up, not down, so there's no digging and no tilling after the first year and the method requires less thinning, less weeding, and less

watering. Suitable for all abilities and levels of experience. Very comprehensive. 347 pages. Highly recommended.

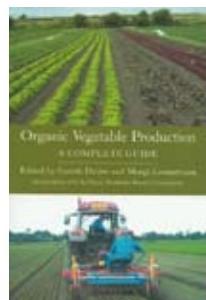


## Success with Organic Fruit, Cuthbertson (2006) £12.95

## Success with Organic Vegetables, Cuthbertson (2006) £12.95

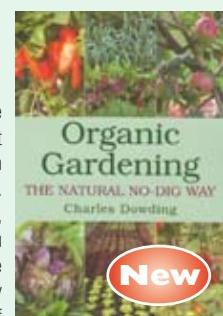
Superb books packed with easy-to-follow practical advice on all aspects of food growing. Where and how to grow fruit/veg, choosing and buying seeds, plants, trees etc, pests & diseases, expected yields and harvesting advice, A-Z plant directory and brilliant plant hardiness zone maps for Western Europe and North America which then cross-reference with the plant directory. 160 pages each.

New



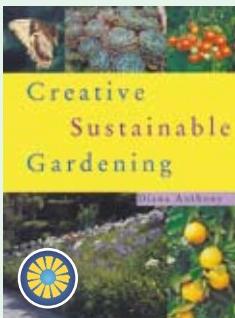
## Organic Vegetable Production - A Complete Guide, Lennartsson (2006) £19.95

Invaluable, practical guide to the production of organic vegetables across a range of organic farming systems in temperate areas. Covers all aspects of production, including crop choice, fertility building and weed, pest and disease management within a framework of rotation design and business planning. The specific needs of a range of commonly grown vegetable crops are discussed in detail. The book also highlights the technical and economic consequences of converting from conventional to organic production and the challenges that can arise. 352 pages.



## Organic Gardening: The Natural No-Dig Way, Dowding (2007) £10.95

The theory here is that there is no need to dig in compost and manure - just spread it on top and let worms take it in. Digging can harm soil structure, and is not helpful to plants. You can reduce weeding to a little hand-weeding or hoeing every ten days with this system of permanent slightly-raised beds. What to choose, when to plant and harvest, and how best to avoid pests and diseases. Includes some delicious recipes too. 223 pages.



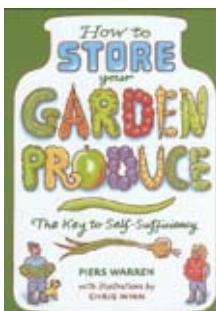
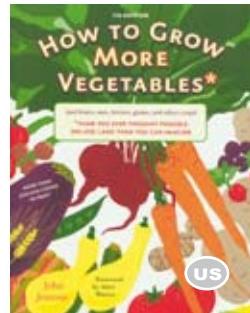
**Creative Sustainable Gardening,**  
Anthony (2000)  
£12.99

Perceptive and humorous, this practical book is good for gardeners, gardens and the wider environment. It shows how each and every one of us can use safer and better horticultural practices to help heal the environmental

damage done by the excesses of the last hundred years - with guidance on many aspects from worm farms to permaculture. 192 pages.

**How to Grow More Vegetables\***,  
Jeavons (2006 edn)  
£16.99

\*than you ever thought possible on less land than you can imagine. It explains how you can grow veg for a family of four using a fraction of the land required by conventional farming by using biointensive growing techniques. How to produce healthy soil and use close planting systems, with great diagrams showing the spread of the root system of various vegetables. Plus plans for a simple one-person mini-garden! A consistent top-seller. 240 pages.



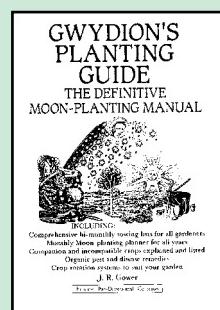
**How to Store your Garden Produce -  
The Key to Self-Sufficiency,**  
Warren £4.95

With less than an acre of garden you can grow enough produce to feed a family of four for a year. But as most of it will be ready at the same time i.e. the summer, proper storage is needed to preserve all those tasty goodies you have put so much work into. With guidelines

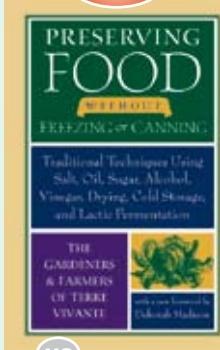
for a number of storage techniques from freezing to clamping and an easy to use index of 50 different fruit and veg. (plus herbs). Entertaining and very practical. One of our top sellers. 105 pages.

**Gwydion's Planting Guide  
(1994) £4.99**

Jam-packed with information - monthly moon-planting planner for all years, companion planting, organic pest control, crop rotation and more. A bargain! 33 pages.



**New**

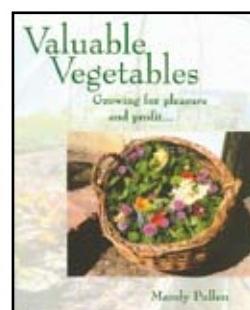


**Preserving Food,  
Terre Vivante (2007  
edn) £16.95**

Formerly titled Keeping Food Fresh, the recipes include solar and air drying; lacto-fermentation in crockery or jars, as in sauerkraut; storing produce in a root cellar, attic, or pantry; preserving produce in its own juices, or in oil, vinegar, salt, or sugar; and preserving in wine. 160 pages.

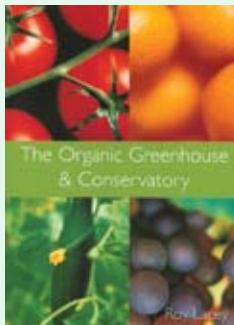
**Valuable Vegetables,  
Pullen (2004) £16.95**

Whether you want to grow enough vegetables organically for your own consumption or are planning to start a small business then this superb book will provide all the practical information you will need. Based on organic principles it has complete cultivation details for 48 veg, 21 herbs and all the major soft fruits plus valuable advice on how to sell your produce. Highly recommended. 271 pages.



## Organic Liquid Comfrey Fertiliser 1 litre £7.00

A good all-round Soil Association accredited organic fertiliser rich in potash, trace elements and growth promoting compounds. Also effective as a foliar feed and can be used as a bug deterrent. Makes 10 litres.



## The Organic Greenhouse and Conservatory, Lacey (2004 edn) £12.99

The complete guide to chemical-free gardening under glass. Choosing the right greenhouse or conservatory, equipment and management systems, composts and natural fertilizers, raising

plants from seed, propagation by cuttings, disease and pest control, edible crops, decorative plants plus year-round planners and checklists. It's all here, in a very accessible format. 158 pages.

## Greenhouse Storage Bin Seat £9.75

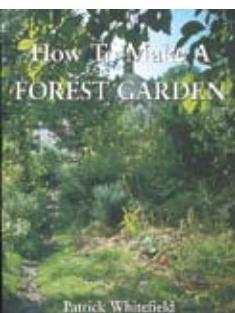
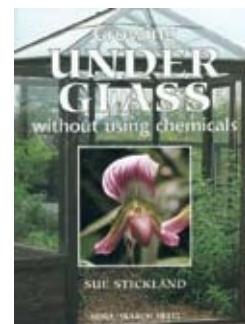
Sturdy multifunctional storage bin made in the UK from recycled polypropylene. Ideal for storing compost or tools and can also double up as a useful greenhouse seat. Bins stack well and have a large 47 litre capacity - and so can also be used as an economical home recycling system. 56x37x28cm.

**New**



## Growing Under Glass Without Using Chemicals £7.95

Save energy, grow vegetables, fruit and flowers organically in an unheated greenhouse. All you need to know, including siting and planning a greenhouse, pest and disease control, soil care and good management techniques. Also covers ideal sowing conditions, how to take cuttings, feeding your plants and managing the greenhouse. A must for all greenhouse owners and aspiring owners. 64 pages.



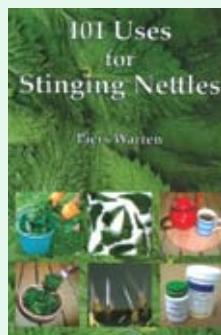
## How to Make a Forest Garden, Whitefield (1996) £16.95

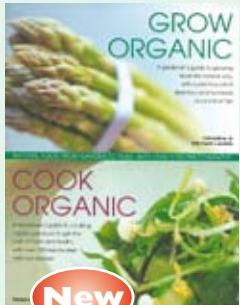
A forest garden is a food-producing garden, modelled on natural woodland and made up of fruit and nut trees, fruit bushes, perennial vegetables and herbs. It is low-maintenance and can

fit any space. An excellent book with all you need to know to create what is possibly the most ecologically-friendly garden there is. 168 pages.

## 101 Uses for Stinging Nettles, Warren (2006) £5.95

Stinging nettles have been put to myriad uses by our ancestors, and many of these are still valid today. Already stinging nettle products are growing in popularity in the field of alternative medicine, as their wide range of health benefits becomes better known. This unique book explores the diverse uses of this fascinating plant - in the garden and the kitchen, for their medical and fibrous properties and so on. It is packed with wide variety of practical suggestions from nettle pudding to hair restorer. 78 pages.





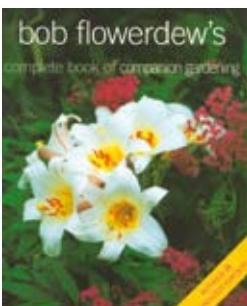
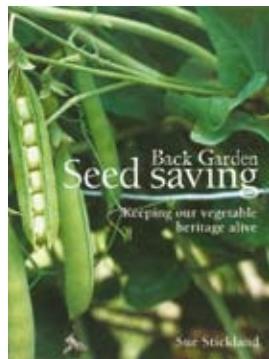
## Grow Organic Cook Organic, Lavelle (2006) £14.99

Growing and cooking food the natural way, with over 675 gardening tips and 150 step-by-step organic recipes. Packed with practical advice and clear, step-by-step sequences that will help you to achieve outstanding results in all aspects of designing and maintaining a natural

organic garden. Harvesting and storing your produce and using it in delicious and nutritional recipes for every occasion. The recipes include using organic meat and fish with information on sourcing. Excellent value for both gardeners and cooks. 512 pages hardback.

## Back Garden Seed Saving, Stickland (2001) £12.95

Keep our vegetable heritage alive. Seed saving used to be part of the annual cycle of producing food. This book is packed with practical advice gleaned from gardeners who save seeds year after year. All the where's and whyfor's plus crop by crop seed saving for over 25 vegetables from beetroot to turnips. Full of facts and a great read for both active and armchair gardeners. 200 pages.



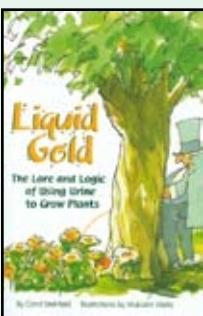
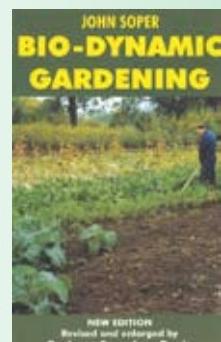
## Bob Flowerdew's Complete Book of Companion Gardening (2004 edn) £14.99

The definitive book on companion gardening - the technique of using the beneficial effects that plants growing in close proximity have on each other. Working with nature rather than against it, the companion gardener must

try to understand the interaction between plants, pollination and pollinators, pests and predators, competition for nutrients and the interplay of all the forms of life within the soil. This book explains it all. 176 pages.

## Bio-Dynamic Gardening, Soper (2002) £10.99

The gardening technique that works with nature and the cosmic forces to make your garden a flourishing paradise of fruitfulness. Covers fruit, veg and herbs, crop rotation, green manuring and mulching. Great chapters on soil, compost, pests, diseases, companion planting plus suggestions for varieties that are recommended for flavour and productivity. Easy to read and full of fascinating ideas and principles. 210 pages.

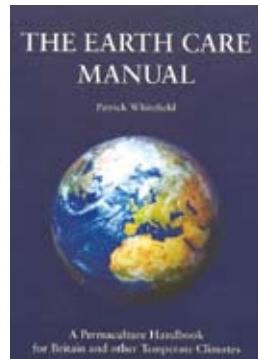


## Liquid Gold, Steinfield (2004) £4.95

The lore and logic of using urine to grow plants. Don't flush it down the loo - save your pee and fertilize your garden! Because it is not recycled, our urine is wasted and pollutes the water system. Yet it could provide 50%-100% of the nutrients needed to grow our food. Discover the delights of the urine-diverting composting toilet, the activists' urinal, and the urinal for women; find out about customs and rituals connected with urine and the science and technology of its use. 96 pages.

## Earth Care Manual, Whitefield (2004) £39.95

THE ultimate book on temperate permaculture offering a vision of a sustainable future and the practical steps we can take towards it. It explains in depth how to apply permaculture to any situation, from the smallest of buildings and apartments, to houses, gardens, orchards, farms and woodlands. Covering subjects vital to sustainability including food, energy, water, microclimate and shelter. Bursting with case studies, photographs, charts, diagrams and illustrations. 469 pages. Hardback.



## Bouquet of Seasonal British Cut Flowers £40.00\*

\*price includes delivery to UK address

Many cut flowers sold in the UK are grown abroad (sometimes as far away as Kenya) and flown in to the UK. We can now offer beautiful bouquets that are not tainted with any air miles. Each generous bouquet is hand crafted using fresh seasonal British grown flowers. A wide variety of blooms, berries and foliage are used - every one is unique and contents will vary according to the season. 600mm across, wrapped in kraft paper and hand tied with a big raffia bow. A message card is included (please supply the message with your order). All bouquets are sent on an overnight service in specially designed packaging. You can choose the day the bouquet arrives, but please note that bouquets cannot be delivered on Sundays or Mondays (Sat delivery costs an extra £14.50). Not chemically treated for leaf fall.

New



## Flowerbed Feeders £9.50

Award winning set of 3 colourful bird feeders made from natural materials. The refillable pods are perfect for all types of bird food and can attract a wide variety of birds. Suitable for year round feeding, they can be placed in borders, window boxes and planters or on fences for higher feeding. Pack of seed included.



## Solitary Bee Hive £23.50

A protective habitat for mason bees and other solitary bees. Solitary bees are non aggressive, non swarming and are vital for pollination. The hive is made from durable FSC approved timber and contains individual cell trays for inspection/cleaning. 20x18x16cm. Supplied with a free laminated guide to solitary bees.

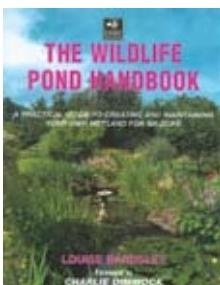


## Beneficial Insect Tower £11.50

### Ladybird Attractant £3.00

### Lacewing Attractant £3.00

A naturally durable FSC approved silver birch tower that provides shelter and protection for ladybirds, lacewings and other beneficial insects in its insulated inner chamber. Attractants can be used with the tower. 11cm diameter, 48cm high with ground pole.



## The Wildlife Pond Handbook, Bardsley (2007 edn) £9.99

At a time when our native wildlife is under threat from pollution, pesticides and the ever-increasing urban sprawl, garden ponds are playing a vital conservation role. This well-written guide tells you how to create and maintain large and small wildlife ponds in your garden, with lots of information on attracting the vast array of creatures that may visit your pond. Plus a section on pond plants - when and where to plant them. 80 pages.



1) Butterfly Habitat Feeder £20.00

2) Butterfly/Bee Nectar Feeding Station £4.50

Butterfly Attractant £3.00

3) Butterfly Garden Wildflower Seeds £3.00

The attractive **Habitat Feeder** combines a safe overwintering habitat with a central feeding station. The **Feeding Station** primarily attracts and feeds butterflies, but also helps early pollinating bees to survive. Both are made from long lasting FSC approved cedar/alder. The central feed sponge can be charged with a sugar/water solution or the specialist **Butterfly Attractant**.

# Water Conservation



## Permanent Greywater Diverter System £27.00

Divert bath and shower water to your rainbutt or garden with this kit, which is designed for easy permanent installation into existing pipework using the supplied adapters. Installation requires a straight section of greywater pipe 25cm long, clear of any connections. The kit can be fitted to a vertical pipe. The valve is controlled from ground level by pull cords to direct flow into the garden or down the waste pipe as required.



## Temporary Greywater Diverter Kit £20.00

A simple kit that uses gravity to move bath and shower water to your garden or rainbutt. The kit includes: a high quality robust pump with non return valve; 1.7m hose; a standard Hozelock connector; a filter and full instructions. Easy to store and use.

## Wheelie Bin to Water Butt Conversion Kit

**£12.00**

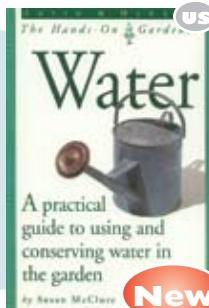
A complete kit that enables any wheelie bin or other plastic container to be converted into a water butt. The kit contains a high quality polypropylene tap, washers, a click-on connector to fit Hozelock connections, hole cutting tool and full instructions.



## Water, McClure (2000)

**£7.99**

A practical guide to using and conserving water in the garden. This looks at the problem of how to deliver the right amount of water for the right plant at the right time, choosing plants, drainage, self-reliant plantings and wise watering. 138 pages.



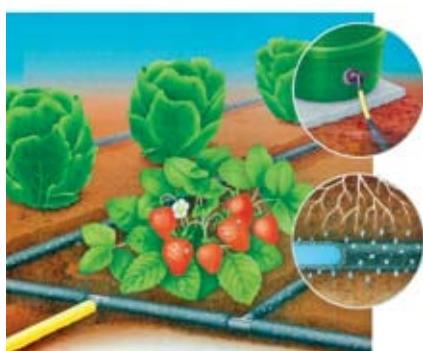
**New**



**New**

## Rain Gauge £5.50

Sturdy rain gauge with a spike at the base for securing it into the ground. The scale reads both inches and millimetres of rainfall and the conical reservoir ensures that even the lightest rainfall can be measured. Supplied with a chart for recording rainfall month by month.



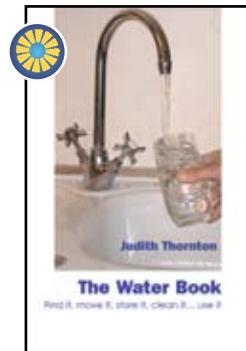
## 15m Soaker Hose Kit £25.00

**30m Soaker Hose Kit £40.00**

Efficient easy-to-use garden irrigation kits designed for use with a waterbutt (although mains water can also be used). Suitable for temporary (laid on soil surface) or permanent (buried) installations. Each kit contains either 15m or 30m of specialist rubber porous pipe plus connectors.

## Rainwater Harvesting Tanks

We can supply a range of competitively priced rain butts, storage tanks and rainwater harvesting accessories. Whether you have a small plot, a large garden, an allotment or a smallholding we have a tank size to suit your needs (multiple tanks can be linked together to increase storage capacity). Please contact us for an information brochure.

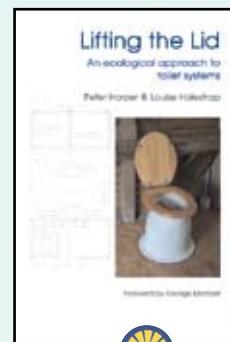


**The Water Book: Find it, move it, store it, clean it... use it, Thornton (2007) £12.00**

Whether you want to install a complete water system from scratch or just understand your existing supply better, this is the definitive guide to managing your H2O. Dr Judith Thornton shows you how to find and clean the volume of water you need to live a healthy, safe life. She helps you make the most of rainwater harvesting, grey-water recycling and water use in the garden. Includes numerous case studies and illustrations. 154 pages. New Edition with revisions.

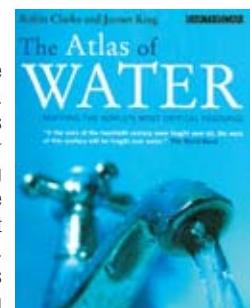
**Lifting the Lid, Harper and Halestrap (1999) £12.00**

Looks at the alternatives to the flush toilet, how to manage your household's output of sewage, conserve water, and turn a potential pollutant into a nutrient for use in improving the environment in a domestic or small scale situation. Clearly illustrated, with over 200 line drawings and photographs, and many useful case studies. 162 pages.



**Sewage Solutions: Answering the call of nature Nature, Grant, Moodie and Weedon 3rd edition (2005) £12.00**

Sewage need not be waste. It can be a source of nutrients to feed soil and plants. This book helps you make the best choices for small-scale sewage treatment. 188 pages.



**The Atlas of Water, Clarke & King (2004) £12.99**

Today more than a billion people are without safe drinking water. By 2050, almost half the world's population will face severe water shortages. The planet is running out of fresh water at such a rate that soon it will be the most valuable commodity on earth. This crucial and timely atlas shows water distribution worldwide and considers a future where privatization and profit dictate availability. A unique resource for general readers as well as policy makers and students. Countless maps, diagrams and tables. 127 pages.

**Tapmagic:**

**M22 £4.80**

**M24 £4.80**

**Unifit £4.80**

Save up to 70% water and associated energy with these easily fitted devices. Tapmagic is a 2 stage device that simply inserts in to or on to the outlet of most round taps. It produces a strong water saving spray for hand washing when the tap is first turned. Further turning then allows full water flow. **M24** fits taps with internal thread, **M22** fits taps with external thread and **Unifit** fits plain round outlets of 15-19mm diameter.

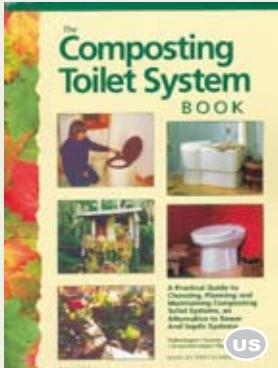


**Interflush £18.00**

An award winning DIY retrofit kit which fits onto existing WC plastic siphons to convert them from single flush to a fully variable flush. Once installed, simply press, hold down and release when the pan is clear, thereby using only the minimum water volume necessary. This revolutionary device saves up to 47% water per flush (independently academically verified). Installation requires the flush handle spindle to be front mounted. WRAS approved. Lifetime guarantee.

**Please contact us for an information brochure featuring many more water saving products.**

# Water Supply & Sanitation



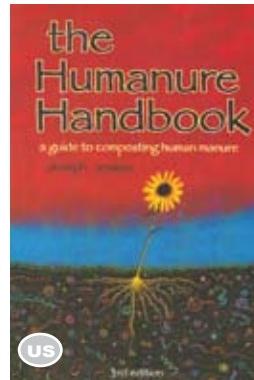
The Composting  
Toilet System  
Book, del Porto &  
Steinfield (1999)  
£19.95

All the information you need to choose and operate composting toilet systems, a low-water and environmentally friendly wastewater management alternative. Profiles composting toilet system applications worldwide. Features key maintenance

and operation information not available from manufacturers. Provides essential application information about integrating systems with graywater systems and flush toilets. Reduce pollution and your water and sewage costs. 192 pages.

Humanure Handbook,  
Jenkins 3rd edn (2006)  
£13.95

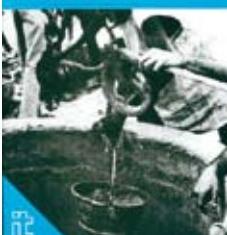
Provides basic and detailed information about the ways and means of recycling human excrement, or humanure, without the need for chemicals, technology, or environmental pollution. Includes a detailed analysis of the dangers involved and how to overcome them. Lots of information and a few bad jokes! 256 pages.



## HAND DUG WELLS

and their construction

S.B. Venn and W.F. Wood



Hand Dug Wells and Their  
Construction, Watt & Wood  
(1979) £14.95

This definitive work provides step-by-step guidance in the techniques of digging and constructing a well, including the principles of groundwater storage, the actual construction, the materials required, and details of additional sources of information. 254 pages.

## Country Plumbing

- Living with a Septic  
System, Hartigan  
(1984) £8.95

This book is a fun, yet informative guide to sewage and its primary treatment. Ideal for anyone who wants to understand and maintain their own sewage system. A practical guide through one of life's great crises - what to do when the drains don't work! - but more importantly how to prevent such a crisis. 80 pages.

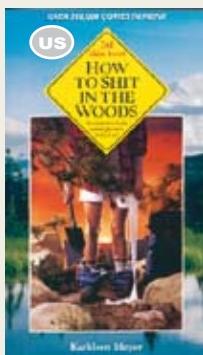
## COUNTRY PLUMBING

Living with a  
Septic System

GERRY HARTIGAN

- Designing a System and Having It Built
- Understanding Maintenance Requirements
- Dealing with Emergencies

"Laugh a little as you learn a lot about your backyard septic system." —The Monitor Globe



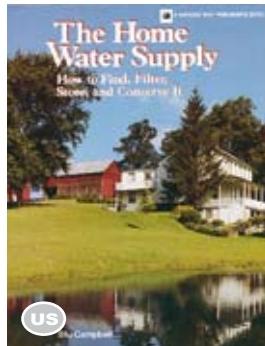
How to Shit in the Woods,  
Meyer (1994) £6.99

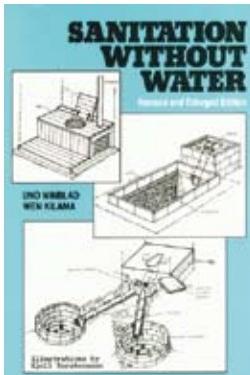
An environmentally sound approach to a lost art! A collection of techniques to assist the latest generation of wilderness trekkers to acquire this skill. Chapters include 'Digging a Hole', 'When you can't Dig a Hole', and 'Trekkers Trots'. Brilliant. Sells like hot cakes in our shop. 107 pages.

Home Water Supply,  
Campbell (1983)

£14.99

Water supply is becoming more topical daily. This excellent book addresses almost question you may have regarding water in the home from pump sizes, locating water, digging a pond, plumbing, water treatment and drought gardening. 236 pages.



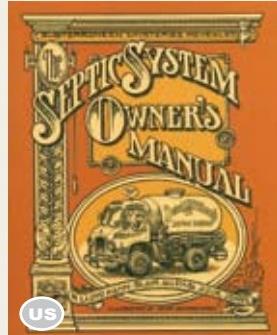


## Sanitation without Water, Winblad & Kilam (1985) £7.95

Extremely practical information. How to choose, locate, build and operate simple latrine systems. With lots of examples. The emphasis is on simple measures that people can carry out with limited resources. Highly recommended. 162 pages.

## The Septic System Owner's Handbook, Khan et al (2000) £13.95

A straightforward, easy-to-understand, non-scholarly book on small-scale residential wastewater disposal. It's actually a very good read, whether or not you have a septic tank, and you just want to understand what goes on down the pipes and drains that leave your house and go off 'somewhere'! Includes a great chart of daily water use for every household activity that uses water (did you know that you could be using up to 1,000 gallons a week?) 164 pages.



## the TOILET PAPERS

US



New

## Toilet Papers, Van der Ryn (1999)

£9.95

A long awaited reprint which looks at how people have dealt with the problem of human wastes throughout the centuries. Describing safe designs which are available today that reduce water consumption and avoid the necessity for expensive treatment

systems, plus plans for dry toilets, compost privies and greywater systems. 124 pages.

## Septic tanks: An Overview, Grant & Moodie (1987)

£5.00

This booklet is intended for those who are installing, or already have, a septic tank or who are considering 'upgrading' to an alternative (such as a reed bed). It covers how a septic tank works, how to design one, soakaway pits and leachfields, dosing, rainwater and water use. Plus a very useful glossary. 22 pages.

## Septic tanks: An overview

Second Edition: Revised and updated

NICK GRANT  
and  
MARK MUNDE



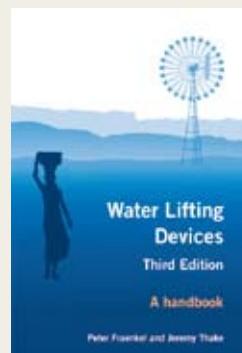
## Water Treatment and Sanitation, Mann & Williamson (1982)

£9.95

Excellent handbook for anyone involved in small-scale water supply and waste systems. Design information on wells, pipes, pumps, filters, toilets and sewage treatment. 96 pages.

## Water Lifting Devices, A Handbook, Fraenkel & Thake (3rd edn 2006) £19.95

At the heart of effective irrigation lies the problem of lifting or pumping water. This handbook surveys the water-lifting technologies that are available and appropriate for smallholdings. A detailed and practical review of the options, especially for irrigation but also for other purposes. Costs and general suitability of the different technologies are examined with the aim of enabling farmers and policy workers to make informed choices. Ideal for anyone planning or implementing rural water supply projects in developing countries. 344 pages.



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All of CAT's Tipsheets, Factsheets, Resource Guides and Educational Booklets are now available to download. Where you see this icon  you can still order and receive all these titles by post from CAT Mail Order.

**Factsheets** - Written by experts and illustrated with photographs and diagrams,



### Alternative Fuels and New Vehicle Technology £2.50

Round up of greener fuels including LPG, compressed natural gas, biodiesel and hydrogen.

### An Introduction to Photovoltaic Power £3.00

How to apply PV technology to your own situation.

### AtEIC £3.50

Describes design features and materials

of CAT's Autonomous Education and Information Centre.

### Cool Composting: A Fresh Approach £3.50

Describes the simple high fibre composting system developed at CAT. By Peter Harper, author of Lifting the Lid.

### Environmental Building £3.00

Full introduction to the subject, including design and materials.

### How To Build A Yurt £3.00

Detailed, illustrated DIY guide to these beautiful Asian nomads' tents.

### How To Build With Straw Bales £3.00

A technique utilising a waste product to create warm, cheap, versatile buildings. With detailed DIY instructions.

### Micro-Hydro Power £3.00

Getting power from streams; water power history; types of turbine; evaluating available power.

### Solar Energy £3.00

The extent of the sun's energy; solar water heating; solar electricity; other ways of using the sun's heat.

### The Water Balanced Cliff Railway £3.00

CAT's unique funicular railway. Contains an exploded how-it-works diagram, how it was built, details of the buildings, safety features.

### Transport £3.00

Current transport issues, alternatives and options: including fuel sources, grant funding and public transport initiatives.

## Education titles for children and teachers

### Pupil's Guide to Water Power £3.00

### Pupil's Guide to Wind Power £3.00

### Pupil's Guide to Solar Power £3.00

Pupil's booklets with background information, written for GCSE projects. Suitable for some younger pupils but also for anyone who is starting with limited knowledge.

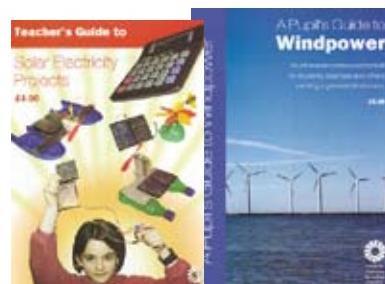
### Teacher's Guide to Solar Heating £2.00

### Teacher's Guide to Water Power £3.00

### Teacher's Guide to Wind Power £4.50

### Teacher's Guide to Solar Electricity Projects £4.00

Practical information on how to help pupils to achieve success with working models, mostly on a small scale. KS2 upwards



## Resource Guides – A goldmine of contacts, suppliers, products and courses.

Resource Guides are now only available online from our pay-per-view service at the lower price of £2.00 (plus VAT) each.

### Biofuels

### Energy Conservation

### Environmental Building

### Courses

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### Solar Electricity

### Solar Water Heating

### Timber Frame Building

### Water Supply,

### Treatment & Sanitation

### Wind Power

### Woodstoves

**Tipsheets** – Sometimes one sheet of A4 is all you need to supply bright ideas!

## **Environmental Building**

### **DIY Geodesic Domes 50p**

Easy to build, portable and cheap: a DIY guide.

### **How to make a Tipi 50p**

Instructions for this North American mobile home.

### **Planning 50p**

An introduction to applying for planning permission for a sustainable building.

### **Turf Roofs 50p**

A detailed DIY guide, with materials list and pros and cons.

## **Green Ideas**

### **Eco Tourism 50p**

A quick guide to the subject, including useful contacts and further reading.

### **Think Local 50p**

Lateral approach to cutting food miles

## **The Whole Home**

### **Home Energy Saving 50p**

Cut your fuel bills and reduce CO<sub>2</sub> emissions with energy advice for homeowners, landlords, tenants.

### **Bright Ideas 50p**

How you can save money and energy. Includes a simple investment formula.

### **Come Clean 50p**

Find out how to choose the most reliable and environmentally friendly washing machine.

### **Cool It 50p**

The best options if you want to buy a fridge which saves you money and emits less pollution.

### **Haybox Cookery 50p**

Save energy when cooking with this simple DIY design.

### **Heat Pumps 50p**

Extract heat energy stored in the ground, water or air and use it to heat your home and office.

### **Hydraulic Ram 50p**

Description of an elegant device that uses the power of water to pump some of that water.

### **Insulation 50p**

Everything you need to know about insulating your home from walls to floors, doors, windows and more.

### **Recycling in the home 50p**

Glass, plastics, metals and paper are all covered.

### **Slow Sand Filters 50p**

Ensuring a safe water supply if you live off the mains.

### **Solar Fountain 50p**

Tips for constructing your own garden solar fountain.

### **Water Conservation in the Home 50p**

Tips for saving water and using it more wisely

### **Water Filters 50p**

Necessity or luxury – find out what's best for you.

## **Ecological Sewage Treatment**

### **Constructed Wetlands and Reed Beds 50p**

Answers to frequently asked questions about reed bed sewage treatment systems.

## **Renewable Energy**

### **BioDiesel - Buy or DIY 50p**

The low down on buying or making biodiesel for your road vehicle, or converting your engine to run on straight vegetable oil (SVO).

### **District Heating System at CAT 50p**

Using a heat main for year-round sustainable heating and hot water.

## **Organic Gardening**

### **Composting Secrets 50p**

Add cardboard to your compost - make a high fibre heap.

### **Create a Herb Spiral 50p**

Ensure a constant supply of fresh herbs.

### **Hot Composting in converted chest freezers 50p**

Quick composting and recycling combined using a technique developed by the Community Composting Network.

### **The Edible Forest Garden 50p**

Create a beautiful, edible garden with fruit, herbs, nuts, perennial salad and vegetables. A real eden!

### **GMOs ... why all the fuss? 50p**

Facts to make an informed choice.

### **Growing Year-Round 50p**

Enjoy fresh vegetables and salads all year!

### **Making Use of Grey Water in the Garden 50p**

A guide to re-using household 'greywater'.

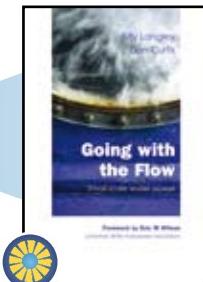
### **Slugs - what can you do about them? 50p**

Tackle the slug problem in your garden - organically.

### **Urban Gardening 50p**

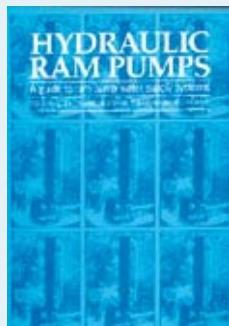
No garden? No soil? No problem! Tips for growing vegetables and flowers in the city.

**In the first year of offering downloads from our website, our readers helped us cut out 400kg of CO<sub>2</sub> emissions in saved paper alone. Thank you!**



## Going with the Flow: Small-scale water power, Langley & Curtis (2004) £12.00

If you've got a stream running through your garden and want to know whether it's worth investing in micro-hydro power this is the book for you. Tells you how to assess the power potential and viability of your location, choose the right turbine and put together the components you'll need to create your own power station. 160 pages.



## Hydraulic Ram Pumps,

Jeffery et al (1992)

£14.95

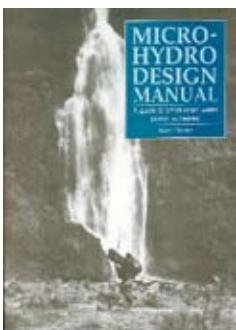
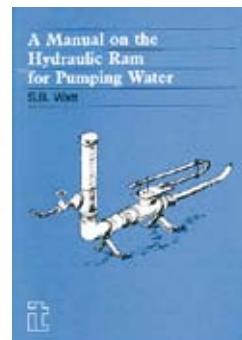
Step-by-step instructions on designing, installing and operating water supply systems based on hydraulic ram pumps. Clearly illustrated and with notes for those developing their own model. 135 pages.

## Manual on the Hydraulic

Ram, Watt (1993 reprint)

£7.95

Details on how to make and maintain a small hydraulic ram on a suitable site. Plus a more technical look at ram performances and design considerations. 40 pages.



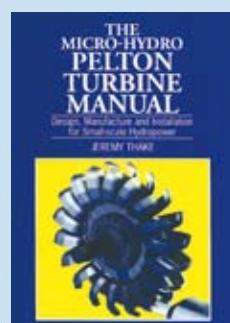
## Micro Hydro Design Manual, Harvey & Brown (1993 - 2006 reprint)

£40.00

Examines every stage of planning and installation of a small-scale system. Worked examples with illustrations and notes to help with all the practical aspects of the project, with detailed sections on turbines, governing, drive systems, electrical power and maintenance. 288 pages.

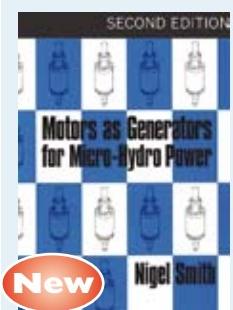
## The Micro-Hydro Pelton Turbine Manual, Thake (2000) £25.95

Written to enable the reader to design and manufacture Pelton turbines with capacities from a few hundred watts to around 100kW. Aimed at those with a general engineering workshop background, the emphasis is on simple technology, so that the turbines can be made in small workshops with basic engineering facilities. Well illustrated with substantial appendices. 320 pages.



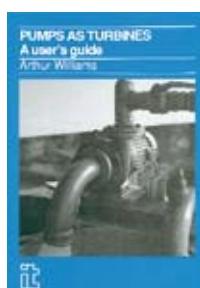
## Motors as Generators for Microhydro power, Smith (2007) £14.95

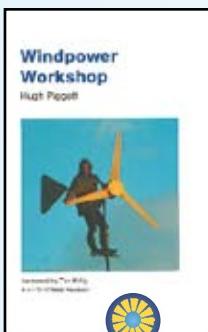
A practical guide to the use of induction motors for electricity generation in remote locations. Based on the practical experience of manufacturers and installers of induction generators working in village locations in a number of countries. 96 pages.



## Pumps as Turbines, Williams (1995) £10.95

A practical handbook for the use of standard pump units as a low cost alternative to conventional turbines for electricity generation using small water-power schemes in remote locations. 60 pages.



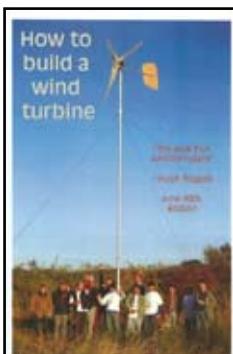
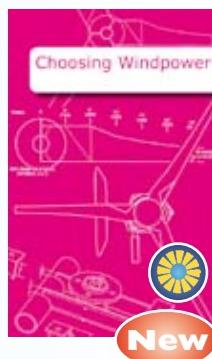


## Windpower Workshop, Piggott (2000) £12.00

It is extremely satisfying to make your own power from a natural resource. Hugh Piggott, one of Britain's leading experts on the subject, explains very clearly how to design a home wind system and live with it, how to liaise with suppliers and how to design and build your own wind generator from scrap and recycled parts. A CAT bestseller - hugely popular and highly recommended. 160 pages.

## Choosing Windpower, Piggott (2006 New Edition) £7.99

For anyone who wants to generate electricity from a wind turbine this extremely clear and non-technical book cuts straight through the jargon. Assess your needs, decide which system is best for you and find out where to place your turbine. 116 pages - ring bound format for ease of use. Also available to download.



## How to Build a Wind Turbine, Piggott (2005) £9.95

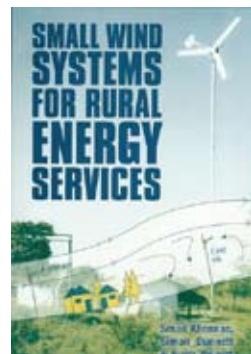
Full step-by-step instructions for building your own 'axial flux' alternator, carving the blades and welding a frame, to complete an 8 foot diameter, 3-bladed, battery-charging wind generator (12, 24 or 48 volts DC). A smaller unit is also briefly described. There are full lists of materials, suppliers and tools for the job. The design is based on the author's 25 years of experience building, and teaching people to build small wind

turbines using the minimum of workshop technology. 64 pages.

## Small Wind Systems for Rural Energy Services, Khennas et al (2003)

£12.95

Covers all the essential steps for setting up wind business services to meet the basic energy needs of households without grid electricity. Enables the reader to understand the basics of the technology, choose a suitable site for a small wind generator of 100-300 watts and assess the energy needs of the community. Written for the developing world but the principles are applicable globally. 61 pages.



**Small Wind Generator (JEPH7) Savonius 5W 12V DC £3.60**

**Wind Generator (JEPH10) Savonius 200W 12V DC £3.80**

**How to Build a Darrius Wind Turbine (ALT1WDG) £4.00**

**Wind Generator (JEPH9) 120W 12V DC £3.80**

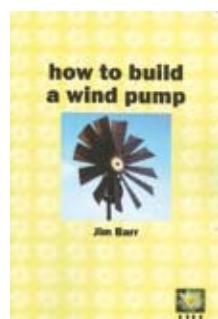
**Wind Generator (JEPH11) Conventional geared 300W 12V DC**

**£4.30**

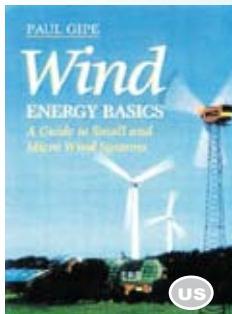
These DIY booklets are excellent value for those with some basic engineering skills. The first three are vertical axis wind machines, the last two are horizontal axis generators which both use car alternators.

## How to build a wind pump, Barr (2006) £8.95

Good for developed or developing countries, this wind pump can pump rainwater, greywater, river, pond or well water for irrigation, aerate a fish pond, run a water feature or even be a bird scarer. This system does not generate electricity. The turbine is 700mm diameter, and the turbine head plus rotor weighs less than 4kg. In a light-to-moderate wind, it should pump 1000 litres per day, with a head of 2-3 metres. If you have good engineering skills and equipment, you can fabricate nearly all of the system yourself; if you get all the parts manufactured, it's not much more complicated than DIY flatpack furniture. 115 pages.



# Wind Power

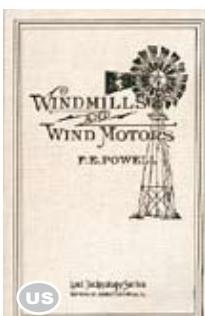
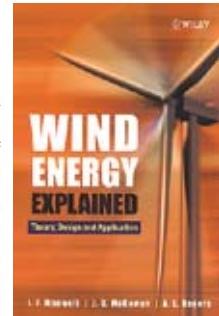


## Wind Energy Basics, Gipe (1999) £14.95

Indispensable for those considering today's generation of quiet, efficient, and reliable "micro" wind turbines. Gives an overview of the use of wind energy around the globe, describes and analyzes the smallest, most affordable wind turbines, those most likely to be used for an individual home, farm, or business. Information on planning, siting, and installing a wind system, and on integrating wind power with solar for more cost-effective and reliable off-the-grid applications. 250 pages.

## Wind Energy Explained, Manwell et al (2002) £50.00

Highly accessible textbook providing a thorough introduction to the interdisciplinary field of wind engineering. Developed to complement the increasing number of renewable energy courses now available, it is useful not only for students but also practitioners. Broad coverage includes aerodynamics, siting, integration, turbine system design and control and economic and policy implications. 537 pages hardback.

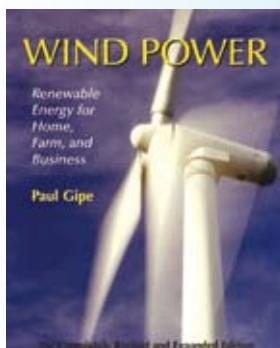
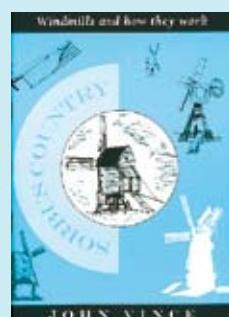


## Windmills and Wind Motors, Powell (1910) £5.70

A really nice little book covering a wide range, including building a model tower type or a real power windmill with 3', 6' or 10' sails suitable for generating electricity. Well illustrated. 88 pages.

## Windmills and How They Work, Vince (1993) £3.95

The development, structure and working of post mills, tower mills and windpumps are all clearly explained with lots of diagrams. Written for the lay-person. 32 pages.

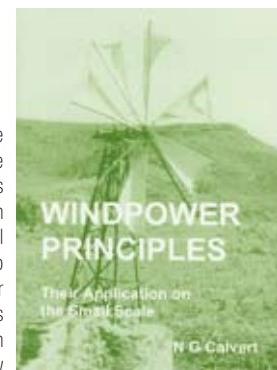


## Wind Power, Gipe (2004) £35.00

Revised edition of Wind Power for Home and Business. Chapters on how to evaluate modern wind turbine technology, how to install wind turbines safely, how to design a stand-alone power system for living off-the-grid, and how to use electricity-producing wind turbines to pump water in rural areas. Appendix includes tables for estimating the annual energy output of any wind turbine anywhere in the world, and lists manufacturers of wind turbines worldwide. 496 pages.

## Windpower Principles, Calvert (2004) £10.00

An introduction to the theory and practice of small windmills from an expert in both aspects. Ideal for anyone wishing to build and install their own plant. It guides the reader through the principles of how windmills work, how to design, build and operate them economically and safely, and in particular, what it is and is not reasonable to expect of a small wind plant. 113 pages.

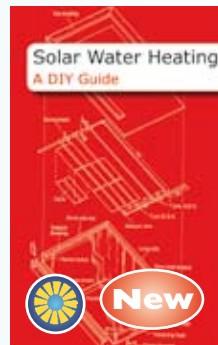




## Tapping the Sun: A Guide to Solar Water Heating, Laughton (2006) £7.99

Hot water on tap, and not a carbon fuel in sight. It's possible to save on fuel bills and reduce greenhouse gas emissions by installing a solar water heating system. All you need to know before buying or installing a system. 60

pages. New ring bound format for ease of use. Also available to download.

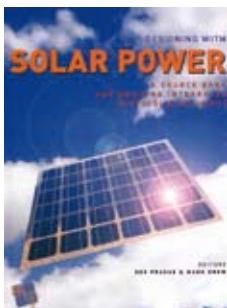


New

## Solar Water Heating - A

### DIY Guide, Trimby (2006) £7.99

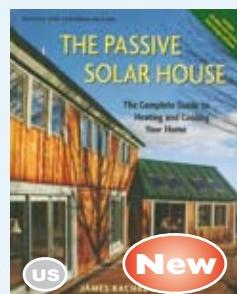
For people who don't want to buy a ready made system, as those described in Tapping the Sun (see below), doing it yourself is not as difficult as it may first appear. Using recycled materials such as old central heating radiators, scrap metal and second hand timber, this step by step guide makes constructing and installing your own solar panel a real pleasure. 68 pages. New ring bound format for ease of use. Also available to download.



## Designing with Solar Power, eds Pradad & Snow, (2005) £60.00

The key objective of this book is to enhance the architectural quality, technical quality and economic viability of PV systems in the built environment, and assess and remove non-technical barriers for their introduction as an energy-significant option. The book introduces the holistic

design process, PV technologies and integration concepts. With case studies from across the globe, experts in the field explore the potential of this technology, covering various applications (including non-building structures), relevant design tools, reliability, non-technical barriers and markets. Hardback 256 pages.



New

## The Passive Solar House (2nd ed.) Kachadorian (2006) £30.00

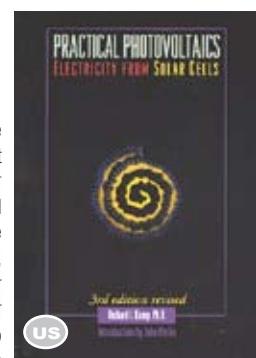
This is THE building book in a world of climbing energy costs. Applicable to diverse regions, climates, budgets, and styles of architecture, Kachadorian's techniques translate the essentials of timeless solar design into practical wisdom for today's solar builders. Profiles of successful passive solar design, construction, and retrofit projects from readers of the first edition provide inspiration to first-time homebuilders and renovators alike. Includes CD-ROM of open-source CSOL passive solar design software. 224 pages, hardback.



## Heating Water by the Sun, Norton (2000 edn) £8.00

A layperson's guide to the use of solar energy for providing domestic hot water and for heating swimming pools. It describes types of water heating equipment available, how it works, installing a system (either D.I.Y or using an installer),

plus environmental and cost benefits. Useful appendixes but rather dated reading list. Recommended introduction to this popular topic. 19 pages.

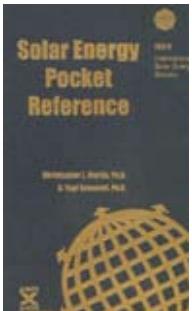


New

## Practical Photovoltaics - Electricity from Solar Cells, Komp (2001) £14.95

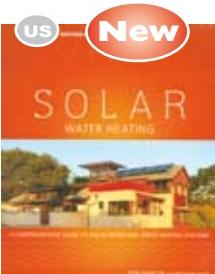
A comprehensive guide to the theory, manufacture, present status and future of solar electricity as well as a detailed installation and maintenance manual. Includes well-illustrated, step-by-step instructions for construction your own solar module, a creative approach to demystifying the technology. The most accessible book on the subject which helps to demystify the technology. 3rd edn.197 pages.

# Solar Power



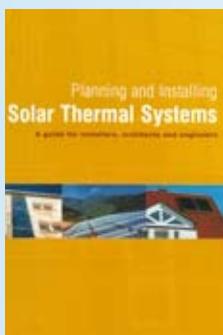
## Solar Energy Pocket Reference, Martin & Goswami (2005) £9.99

This easy-to-use pocket reference includes a wealth of information relating to solar energy and solar energy technologies. Topics covered range from solar angles, sun path diagrams, solar radiation and radiative properties of materials through to thermal collectors, thermal energy storage, photovoltaics and daylighting. Also includes conversion factors and constants and is peppered throughout with helpful illustrations, equations and explanations. Renewable energy professionals, students and solar entrepreneurs amongst others will find a host of answers in this book - a practical assimilation of data, fundamentals and guidelines for application. 88 pages.



## Solar Water Heating: A Comprehensive Guide to Solar Water and Space Heating Systems, Ramelow & Nusz (2006) £15.50

This reviews the history of solar water and space heating systems from prehistory to the present, then presents the basics of solar water heating, including an introduction to modern solar energy systems, energy conservation and energy economics. Since people often get turned off by the up-front cost, the book focuses especially on the financial aspects of solar water or space heating systems, clearly showing that such systems can save significant costs in the long run. 238 pages.



## Planning and Installing Solar Thermal Systems (2004) £75.00

Solar thermal systems available today offer efficiency and reliability and the potential for this technology and the associated environmental benefits are significant. This book offers clear guidance on planning and installing a system. Beginning with resource assessment and an outline of core components, this guide covers solar thermal system design, installation, operation and maintenance for single households, large systems, swimming pool heaters, solar air and solar cooling applications. Plus how to market the technologies and simulation programs. Suitable for professional training and advanced academic study. 298 pages spiral bound.

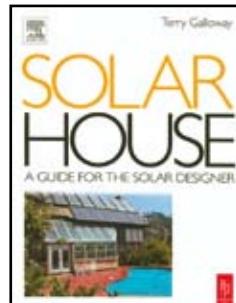
## Solar Heating Systems for Houses, Weiss (2003) £65.00

Development of solar combisystems, which provide both domestic hot water and space heating, has resulted in a diverse range of different designs that were not carefully optimized to reflect local climate and practice. Application of energy-efficient building strategies such as improved thermal insulation and use of low temperature heat supply systems is becoming increasingly common. This design handbook provides the very thorough guidelines needed, including Performance, Durability, Dimensioning, Testing etc. Highly recommended. 313 pages, hardback.



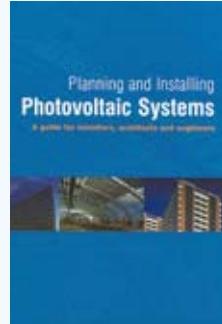
## Solar House, Galloway (2004) £29.99

Spanning the full life of the project, from siting issues through specific design features to maintenance of the property and equipment, this is a comprehensive guide to designing, planning and building a solar house. Each of the technologies, such as space heating and cooling, domestic hot water and electric power technologies, are critiqued from the point of view of the owner/resident. This provides evidence of best practice, and critical evaluative points for both the architect and designer. 216 pages.



## Planning and Installing Photovoltaic Systems (2004) £75.00

Growth in PV manufacturing worldwide continues to increase. In parallel, appropriate standards and certification schemes are being developed. During this transition period, clear guidance is crucial for integrating this technology into working practices of professionals in the building sector. This book offers such guidance, detailing every subject necessary from the technical design to the legal and market issues of PV installation. Beginning with resource assessment and an outline of the core components it covers system design, economic analysis, installation, operation and maintenance of PV systems. 368 pages spiral bound.



## Rutland Wind Chargers

We can supply a range of high quality Rutland wind chargers. All chargers are reliable, cost effective, efficient, durable, simple to install and simple to maintain. No other windcharger uses a generator specifically designed for a wind turbine. Rutland wind turbines feature a high inertia generator whose flywheel effect generates smooth, continuous power between gusts when other wind turbines have lost the power in the wind. Rutland wind chargers also offer the lowest wind speed start up by far of any design. Please contact us for an information brochure.



## Green Power Educational Systems

Excellent large scale practical educational systems that investigate the principles of generating electricity from renewable resources. Ideal for schools, colleges, universities and eco-friendly demonstration centres. There are three systems to accommodate a range of educational levels and budgets, all supplied in easy to assemble, install and use kits. Students gain practical experience of wind and solar energy whilst using the power generated into 12V batteries to operate low energy lamps, pumps, etc. or through inverters which convert the power to 240V AC for computers and other low energy mains appliances. Kits contain Rutland wind chargers, 30W or 60W photovoltaic panels, 12V batteries, monitoring and regulating equipment, cabling etc. and a range of optional accessories. Please contact us for an information brochure.

## Complete DIY Solar Hot Water Systems

We can now supply state-of-the-art complete DIY solar hot water systems for the UK and Europe at very competitive prices. Please contact us for an information pack.

## Rigid and Flexible Solar Panels and Solar Electricity Systems

We have an excellent range of well-priced rigid and flexible high performance photovoltaic panels ranging from 5W up to 150W. We can now also offer all inclusive solar PV kits to suit a variety of requirements. Please contact us with specific requirements or for an information pack.

## Wind Speed Indicator

£12.50

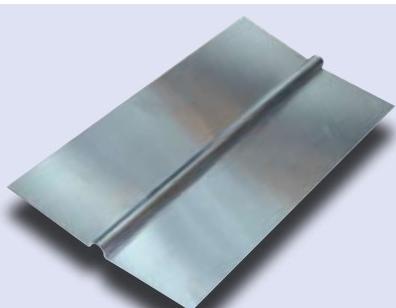
Measures wind speed between 10-50mph, 15-80kmph and 4-22 metres/sec. Includes a compass to measure wind direction plus a booklet of instructions and suggested activities.



## Clip Fin Solar Collectors

£5.00/fin  
or £55.00 for 12

Aluminium sheets designed to clip on to standard 15mm copper water pipe to construct a DIY solar flat plate collector. 380 x 200mm each. See **Solar Water Heating: a DIY Guide** for plans.



## Instant Weather Forecasting, Watts (2007 3rd edition) £7.99

When the sky has a particular look to it, very often a certain sequence of weather follows. The 24 colour photographs of cloud formations and their accompanying explanatory text will help you read the sky, pick up the clues and predict what the weather will do. Invaluable for a range of outdoor activities from farming, gardening and walking to paragliding, sailing and fishing. 64 pages. A top seller.

# Power Education Kits

**1****New****2**

## Power House Kit £150.00

Exceptional award-winning kit demonstrating sustainable living. It integrates renewable energy concepts and physical science with building a green home. Intended to inspire students to design and construct fullscale projects using sustainable technologies. Features over 20 projects and 70 experiments. Subjects include wind power, solar electricity, solar water heating, biomass energy generation and energy conversion. 96 page manual. Age 12-adult.



assemble kit with all components included. Sounds like a real engine. Ages 8 years to adult.

## Air Engine Racer £14.50

Build an engine racer powered by a precision made air engine. The engine works in a similar way to a car engine but uses air as the fuel instead of petrol/diesel. It is a unique, easy to

## 1) Hydrogen Power Education Kit £195.00

A complete miniature renewable energy system can be constructed using this kit. The set is modular so users can learn the system step by step, configure the system in different ways and build a complete clean energy system from start to finish. It contains a solar power module, electrolyser module, mini hydrogen/air PEM fuel cell module, mini hydrogen storage module, multi-connector board module, water storage and oxygen release module, flashing LEDs module, demonstration fan module, syringe, accessories and detailed instructions manual. For 12 years and over under adult supervision.

## 2) H-Racer £75.00

The world's smallest hydrogen car powered by a real hydrogen fuel cell. This zero emission vehicle operates on 100% clean fuel produced by a miniature solar powered hydrogen refuelling station that creates hydrogen by electrolysis using water and the energy from the sun. The H-Racer is a working miniature version of the technology being developed in full size hydrogen cars. Fun, safe and educational. Named as one of the Best Inventions of 2006 by Time Magazine. For 12 years and over under adult supervision.

**New**

## Fuel Cell Car Science Kit £40.00

Build your own hydrogen car with this fun educational kit (2 AA batteries required – see page 6). The kit includes a PEM reversible fuel cell that functions both as an electrolyser and as a power source. Detailed user manual supplied. For 12 years and over under adult supervision.



## Rokit £10.00

## Rokit Experimental Booklet £4.00

Demonstrates the principles of rocket propulsion. All you need to add is a used empty plastic bottle, a cycle pump and some outdoor space. The Rokit can reach 100ft. Not a toy, needs adult supervision. The 20 page Rokit booklet contains fun educational experiments to try with the Rokit, including launching from underwater.



## CAT Individual Wind Kit £37.00

Improved design of CAT's acclaimed model wind power kit. Easily adapted, with or without gearing, to generate electricity or do mechanical work in six different modes. Can test vertical axis as well as horizontal axis wind turbines. Kit contains wooden frame, LED, buzzer, pulleys, hubs, generator, dowel and correx. Contains a detailed instructions booklet which explains windpower principles and offers suggested activities.



## Cat Solar Boat Kit £17.00

Designed to be an easy beginner's kit. It contains 2 x 1000mA solar cells, motor, propeller and crocodile leads plus instructions. It converts almost anything that floats in to a solar powered boat.

## CAT Solar Kit 1 £12.75

CAT's own introductory kit to solar electricity generation. Contains a 1000mA solar cell, motor, propeller, crocodile leads, correx, hub, dowel and instructions to allow solar models to be made using scrap materials

## CAT Solar Kit 2 £21.50 (pictured)

A larger kit that encourages further study of solar electricity generation. It contains 2 x 1000mA solar cells, buzzer, light bulb, motor, propeller, leads, hub, correx, dowel and more detailed instructions. Make solar models and connect the panels in series and parallel and investigate the difference.

## 0.45V 1000mA Solar Cell £5.50

Encapsulated monocrystalline solar cell mounted in a sturdy polycarbonate case fitted with threaded stud terminals. A miniature copper busbar is also fitted to enable simple parallel or series



## Windcopter £13.25

The only wind powered helicopter in the world. Revolutionary patented design featuring advanced aerodynamics allows the windcopter to climb to over 50 metres, hover and land just like a real helicopter using only the power of the wind. Includes pontoon floats for water landings. Ages 10 years to adult.

connection to produce the required voltage or current. 9x6cm.

## Small Motor £1.00

Connect to the solar cell with a couple of crocodile leads. Rated at 1.5-6.0V but will run satisfactorily on less.

## Solar Motor £2.50

Low inertia motor which is perfect for use with these solar cells. Works at lower light levels than the small motor. Rated at 1.5-9V, starting current approx 10mA.

## Crocodile Leads 25p each or £2 for 10

Leads with plastic insulated miniature crocodile clips at each end. 36cm long.

## Propeller 70p

## Bulb and holder 50p

## Buzzer (3V-6V) £2.75

**Other kit bits (dowel, correx, hubs, pulleys etc.) are available – please contact us for details.**

# Solar Kits

New



New



## Solar Cyclist Kit £20.00

Build a model cyclist and watch the legs turn, powered by a highly efficient solar panel. Easy assembly – no glue required, parts just snap together. All parts and detailed assembly instructions included. 14x7x12cm, 200g. For 6 years to adult.

## Solar Powered Car £17.00

This well designed kit contains an advanced solar panel and all components needed to create an efficient solar powered car. The detailed instructions include information about solar technology and suggest experiments that can be done using the solar car. The kit is quick and easy to put together. For 7 years to adult.

## Solar Helicopter Kit £12.75

Construct a wooden helicopter with a working rotor powered by a highly efficient solar panel. Easy assembly – no glue required, parts just snap together. All parts and detailed assembly instructions included. 17x6x9cm, 150g. For 6 years to adult.

## Solabug £17.00

Construct a wooden six-legged walking machine powered by the sun. Learn how to build a gearbox and how motors and automotive transmissions work. All necessary components and detailed instructions included. Can also be powered by an AA battery (see page 6). For 10 years to adult.



## Sun Print Paper £4.00

10 sheets of light sensitive paper that produce white-on-blue images without the need for chemicals or equipment. Place an object on the paper, expose to bright sunlight for a few minutes before soaking in tap water to fix your own individual print.



## Solar Cool Cap £11.50

Very popular solar powered fan cap that safely blows air across your face. The more the sun shines, the faster the fan turns. Adjustable and available in white, yellow, green, red or blue. Not suitable for under 3s due to small parts.



## Solar Education Kit

£12.75

A great introduction to solar electricity. The kit includes 8 small solar panels (0.4V, 100mA), motor, inter-cell links and housings, lead, brackets, fan blade, tools and detailed instructions booklet. The housing and inter-cell links allow different voltages and currents to be easily explored by allowing the panels to be connected in series and parallel in a number of different ways.

New



## Solar Carousel £25.00

German-crafted wooden carousel that spins around in the sunshine, powered by a solar panel (play people not included). 15cm diameter, 20cm high. For 3 years upwards.

**Water Power Kits:** A selection of beautiful, ecologically-made wooden educational kits:

### 1) Small Waterwheel £7.00

Make a simple waterwheel for use in small streams. It fits easily into a rucksack and is quickly set up between forked twigs or suitable stones.

### 2) Water Turbine £16.50

Construct a turbine to demonstrate water power. Water falling on the turbine causes it to turn on its axle. The hammer mill can be powered by this turbine.

### 3) River Wheel £32.00

The river wheel is designed to be fixed in a stream or river with rocks so that water can run over the full width. It will rotate in about 10cm depth of a relatively fast moving watercourse. The hammer mill is easily powered by this wheel.



### Hammer Mill Kit £22.00 (not pictured)

Hammer mills were traditionally used by blacksmiths to crush ore and were generally powered by water or wind turbines. The rhythm of this hammer mill can be adjusted. It can be powered by the water turbine and the river wheel.

### 4) Trout Paddle Boat £22.00

A boat that travels against the current. The paddle wheels turn the spool, pulling the boat up against the current. In a small stream the boat will gently float. It will jump from wave to wave in a rougher watercourse. 30cm long.

### 5) Water Seesaw £21.00

Water fills the trough until it is too heavy and tips down, emptying out the water and causing the bell to ring. The beam then tips back and refilling commences immediately. In mountainous regions this principle was used to drive big forge hammers, crushers and saws.



### Bug Hunting Explorer Kit £16.00 (pictured)

### Pond and Rock Pool Explorer Kit £16.00

Use professionally designed equipment and in depth literature to encourage children to investigate the natural world. Both kits include a field lens, notebook, carry bag, instructions and a very detailed themed explorer guide written by wildlife expert Nick Baker. The Bug kit also contains bug tongs, magnifying pot, pooter, specimen boxes, paint brush, tweezers and graticule. The Pool kit contains a strong plastic tank with lid and sturdy inspection tray, net, spatulas, pipette and spoon. Both are for 7 years up under adult supervision.

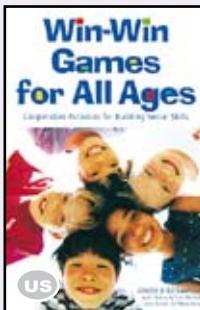


### Awesome World

### Science and Nature Kit £17.00

This kit contains 9 fascinating experiments: make a tornado in a bottle, crush a can with air pressure, be a plant scientist, make instant photos and heat prints, investigate electrolysis, aerodynamics, electricity and rainbows. Contains all components except a few household objects plus a PP3 and 2 AA batteries (please see page 6). Ages 7 years to adult.

# Educational Books



## Win-Win Games for All Ages, Luvmour (2002) £8.95

Games are among the very best ways of teaching and learning crucial skill that can last a lifetime. This book is about people getting to know one another better and deepening relationships. Designed for use with groups of children or adults in a way that hears values, demonstrates skills and allows self-expression in safety. With activities aimed at ages 2+ to 14+ and group sizes from 2 to 60. 126 pages.

## Co-Operative Games (2002)

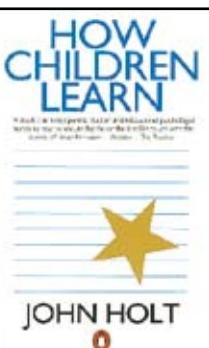
£5.00

### Parachute Games (2001) £4.99

**Co-Operative Games** is a practical resource for teachers and parents wanting to try out some co-operative activities as well as analysing their educational value. With 4 lesson plans for 6-11 year olds (older or younger could play too) plus teachers' experiences. 48 pages.



**Parachute Games** is full of games that are about sharing territory together and enjoying an activity that is only possible in a group. Great fun for all ages. 36 pages.

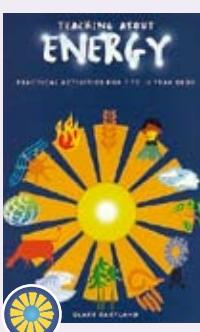
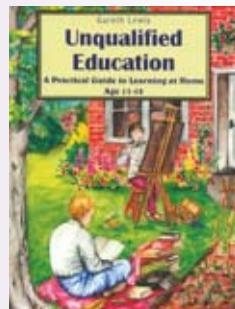


## How Children Learn, Holt (1983) £10.99

Children are learning all the time. They have an innate ability that adults should trust and encourage through providing access to the world, whilst standing back to allow the learning process to operate more successfully. Every parent, teacher and educational psychologist should read this book. 303 pages.

## Unqualified Education, Lewis (2003) £12.50

Learning at home for 11- 18 year olds with an emphasis on self-directed, self-motivated and enthusiastic learning. Also a mini-text book, with lesson plans and information for studies in Literature, History, Geography, Languages, Science, Technology, Music, Maths, Art and Crafts. Cooking and Gardening are covered in two separate chapters. Useful resources such as the Internet and libraries and how they can be used to enhance the learning programme. 343 pages.



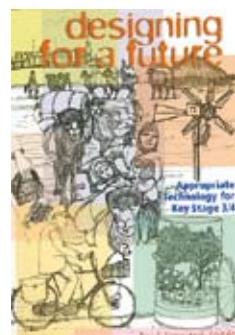
## Teaching about Energy, Eastland (1999) £7.95

Interesting and fun activities for teaching about energy at KS2, with an emphasis on sustainability and alternative technologies. Many of the activities have practical relevance and involve the use of inexpensive scrap materials. Designed to meet NC requirements for

Science, Geography and Design & Technology in particular. Also contains a number of photocopiable sheets. Highly recommended. 64 pages.

## Designing for a Future, Howard-Jones £12.00

Designing for a Future contains eight classroom-tested projects from around the world, that will engage students with the broader social and environmental aspects of Design and Technology. Projects include: Micro-hydro in Nepal, Preparing food in Bangladesh, Crushing cars in Britain, Exporting batik from Indonesia, Wind power for the Mongolian nomads, Extraction of nut oil in Brazilian Amazonia, Modelling a solar powered Health Centre in the Congo and Cycling in the Netherlands. KS 3/4. 153 pages.





## Energy Files, Parker (2002)

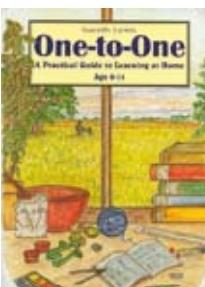
Solar £3.99

Water £3.99

Wind £3.99

**New**

This excellent series examines the energy sources that fuel our world. Each book covers the formation or creation of power to its harnessing and present use. Includes relevant photographs and diagrams to reinforce topics under discussion and developments in the technologies connected with the resources we rely on. Plus information on how it was done in the past and how it might be done in the future. 32 pages each.

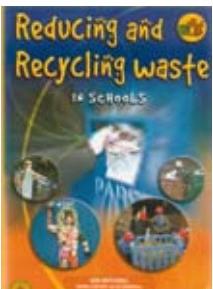


## One-to-One, Lewis (2001)

£12.50

A fully illustrated resource book for parents and children working together at home. Based on a sensitive approach to education that recognises that each child has individual needs and that their enthusiasm needs to be encouraged by making learning enjoyable. Sections on learning to read, write, do arithmetic, plus

extensive practical advice on gardening, cooking and crafts as after school and weekend activities. 322 pages.



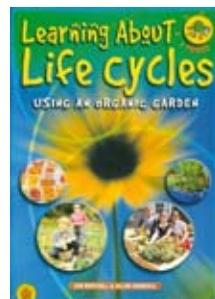
## Reducing and Recycling Waste in Schools, Mitchell (2005) £9.95

This is a book for teachers to help children aged 7 - 11 learn about materials and their properties. The origins of the materials, whether they are finite or renewable, how waste is squandered, which can biodegrade, be recycled or reused. There are 20 activities (such as making recycled paper, testing materials, developing a strategy to reduce classroom waste) with photocopyable informative worksheets with supporting lesson plans and background information. Excellent. 64 pages.

## Learning About Life Cycles

using an Organic Garden, Mitchell & Randall (2002) £9.95

Food Raised in Organic Gardens in Schools uses the practical idea of growing small amounts of organic food in schools. This aims to help children understand how their food is grown; reduce and recycle classroom waste, encourage understanding of our interdependent relationship with other living things. 20 lesson plans for children in years 4 - 6 with teachers' pages and photocopyable worksheets. Recommended. 64 pages.



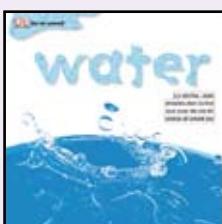
## Creating Kids Who Can, Robb & Letts (1997) £7.99

Unlock your child's potential. This approach breaks down barriers - focussing on a holistic and nurturing slant on learning, creating a child who can read, write, do maths and solve problems. 184 pages.



## Creating Kids Who Can Concentrate, Robb & Letts (1997) £8.99

Shows how, with patience and energy, parents and teachers can turn a child who is noisy, clumsy and forgetful into a child who is calm, careful, thoughtful and attentive. 246 pages.

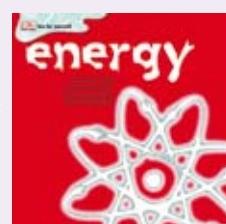


## See for Yourself - Energy (2007) £7.99

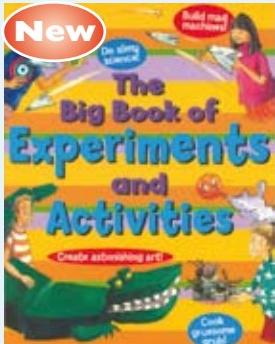
See for Yourself - Water (2007) £7.99

Discover the world around you in a new and exciting way. These clearly presented books show how vital Energy and Water are to our planet and how they have shaped it. With special fold-out pages, heaps of facts and incredible images plus timelines that go back several billion years. 64 pages each, hardbacks.

**New**

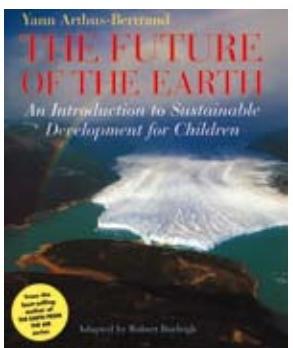


# Children's Books



## The Big Book of Experiments and Activities (2007) £6.99

A weird, wacky and wonderful collection of experiments, recipes, inventions and craft activities using everyday materials with full step-by-step instructions. Fact files with scientific explanations and loads of fascinating information. (An amalgamation of 4 books - Slimy Science, Astonishing Art, Gruesome Grub and Mad Machines) 96 pages.



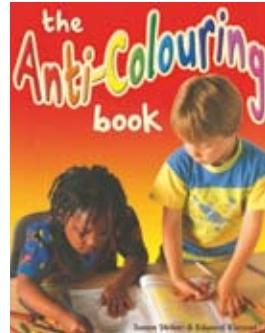
## The Future of the Earth, Arthus-Bertrand (2003) £9.95

This brilliant book for young readers explains sustainable development in easy terms. A primer on mankind's direct and indirect impact on the natural world, it explains how such topics as global trends, economic disparity and invasive species, among others, have

changed the world we live in. Spectacular photos of fragile environments. Age 10+. Large hardback 74 pages.

## The Anti-Colouring Book, Striker & Kimmel (2004 edn) £4.99

This is nothing like an ordinary colouring book. It's great, it's different, it's completely original and it is not just for children. It is an irresistible collection of ideas, which will stimulate the imagination and spark creativity, from designing a chocolate wrapper or a dinner plate to drawing the flowers growing on the moons of Jupiter or your future in a crystal ball. Brilliant book. 48 pages.



## Connor's eco den, Goodhart (2005) £5.99

An environmental twist to the story of the three little pigs. The Hogg family are bursting out of their small house, so Mr Hogg challenges his three sons to build the best den and win an extra bedroom to themselves. Straw, sticks or bricks which will win? An utterly original and engaging story filled with facts about the environment. Excellent book, ideal for age 9+. 64 pages.



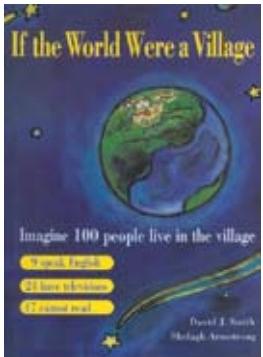
## Inside You: How your body makes it through every day (2007) £12.99

Meet Nanocam. He may be smaller than a full stop, but he's your expert guide for an in-your-body journey you'll never forget. Join him for an edge-of-your-seat ride through arteries, muscles, organs and nerves. Jaw-dropping 3D pictures show in graphic detail how your body keeps everything ticking, 24 hours a day. Get a close-up look at battles with bugs and germs, a 150kph sneeze, and a hairy waxy trap set for an ear-invading creepy-crawly (urgh!). Includes CD-Rom. 72 pages, hardback.



## Dad Did It! (2006) £1.95 Hot Tips for a Cool Planet (2007) £1.95

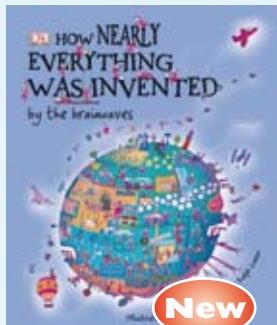
Excellent booklets full of activities for all the family. **Dad Did It!** is full of things to help dads (and mums) to amuse, impress, entertain and inform their kids with things to do including making and flying a kite, creating explosions, Tin Telephones, Bean Races etc. **Hot Tips** is divided into a number of sections dealing with: energy, waste, water, transport, food, carbon footprint, shopping and the home. All activities and experiments are carefully described with detailed illustrations. 32 pages each.



**If the World Were a Village**, Smith (2003)  
£6.99

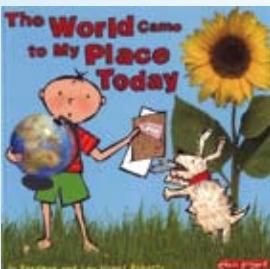
At this moment, there are more than 6 billion people on the planet! It's hard to picture - but what if we imagine the whole world as a village of just 100 people? In this village: 22 people speak a Chinese dialect, 20 earn less than a dollar a day, 17 cannot read or write, 60 are

always hungry and 24 have a television in their homes. Contents cover: nationalities, ages, food and electricity etc. Brilliant concept. 32 pages, large format.



**How Nearly Everything was Invented** (2006)  
£12.99

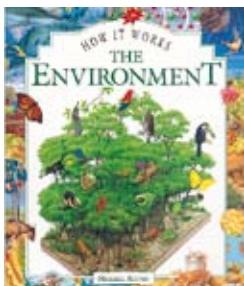
Fascinating book which takes a light-hearted look at some of the world's most important inventions. The emphasis is on the consequences of invention, and how one idea leads to another. When was the wheel first used? Who were the bright sparks that thought of the light bulb? And what connects a teapot to a 400-kph train? Find out all about more than 300 key inventions that changed the world (and lead to almost everything else that's ever been invented) plus the people, the failures and the future. With fantastic foldout pages and wonderful illustrations. 62 pages.



**The World Came to My Place Today**,  
Readman & Roberts (2004)  
£5.99

An entertaining and thought-provoking bedtime story that explains how plants from all over the world

affect children's daily lives. With lively, simple text and unusual illustrations which include photographs of the various foods and plants, this original book takes children around the globe and brings produce from around the world into their homes. 30 pages.



**The Environment, How it Works**, Allaby (1997)  
£3.99

Discover how - from the soil beneath our feet, to the clouds above our heads - the environment is a fascinating world of natural cycles, systems and life processes. Colourful illustrations show how plants and animals live together and how the environment achieves its own balance, one which can easily be upset by some human activities. Easy to understand text, ideal for ages 7+. 48 pages.



**George Saves the World by Lunchtime**, Readman (2006)  
£5.99

But how? Grandpa suggests they start by recycling the yoghurt pot from his breakfast, putting his banana peel in the compost pile, and hanging the washing to dry in the sun. A bike trip to the recycling bank, charity shop and local farmers' market show how recycling and re-using materials, and using less petrol and buying local produce can really help save the world. Children love to see how their everyday actions can affect the world around them. 32 pages.



**Pocket Scientist - The red book** £4.99  
**Pocket Scientist - The blue book** £4.99

Pocket-sized guides tackling the mysteries of everyday things, from nature to science and technology. Simple text and bright, detailed illustrations answer questions in clear, step-by-step stages. Lots of experiments to do at home plus over 200 Usborne-recommended Web sites and over 100 downloadable pictures via the Usborne Quicklinks Web site. For ages 7-11. 290 pages each. Hardbacks.

# Practical Activities



## Tarquin Activity Books

A fantastic and ever popular range of books with many, many hours of activities in each:

Bird Mobiles £4.95

Dragon Mobiles £4.95

Leonard's Machines £6.95

Multiplication Tables Colouring Book £3.40

2nd Multiplication Tables Colouring Book £3.40

Paper Fish £4.95

Paper Flying Machines £4.95

Paper Gliders £4.95

Paper Automata £4.95

Geodesic Domes £6.95



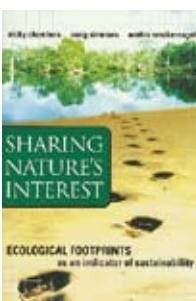
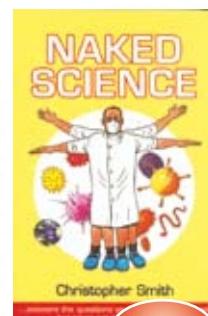
### Change the World 9 to 5 (2006) £8.99

50\* simple, practical things which we can all do during the working day to make a difference to the world and those around us, regardless of our profession. From smiling when answering the phone to starting a car pool. Every office should have a copy of this book which is full of surprises and a

great catalyst for action and discussion. 108 pages. \*plus the 500 inside the jacket sleeve!

### Naked Science, Smith (2006) £7.99

Christopher Smith, the Naked Scientist, answers the questions you always wanted to ask but never got round to! Gives a peep-hole view of a wide-ranging and really fascinating world of modern science. Can sleep control your weight? Are horses left or right-handed? Does brain size matter? Is there a part of our brain that makes us hoarders? A great book to dip into, making so much that was hard to grasp clear and easy to remember. 256 pages.

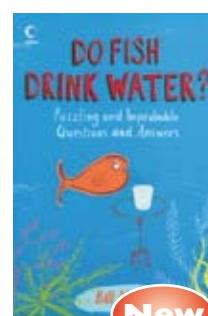


### Sharing Nature's Interest, McLaren et al (2007 reprint) £17.99

The classic nature awareness guidebook for parents and teachers. A brilliant approach to nature education through the medium of games that will make the teaching' a joy and the learning' such magic. With games adaptable to the urban or suburban environment and with a key to each activity as to concepts, attitudes and qualities it teaches, when and where to play, number of players, best age range and special materials needed, if any. 172 pages.

### Do Fish Drink Water?, McLain (2006) £7.99

Have you ever wondered why cats purr or whether it can really rain frogs? This book answers and expands upon these problems, leaving you knowing much more than just a simple answer. Heaps of puzzling and improbable questions which span the spectrum from useful to bizarre, to downright comical, ranging from animal and human behaviour to geography and science. 302 pages.





New



### Mooncup Size A £19.75

### Mooncup Size B £19.75

The mooncup is a sustainable eco-friendly alternative to tampons, designed to be re-used every month for many years. Made from medical grade soft silicone, it is comfortable, convenient, effective and ideal for women with sensitive skin or allergies. Only one is needed as it is designed to be emptied, rinsed or wiped and used again (it can also be sterilised). Size A is for all women over 30 and all women who have given birth vaginally. Size B is for all women under 30 who have not given birth or who have had a caesarean section. Comes with an organic cotton storage pouch and full instructions.

### Pitrok Crystal Push-up Deodorant £6.00

Made from the pure mineral salt, ammonium alum, which effectively inhibits odour producing bacteria. It allows essential perspiration, can be used with homeopathy, does not block pores and is ideal for sensitive skin. Can also be used on feet.



### Eco Nail Varnish Remover £4.50

(10 sachets)

Safe and effective ecofriendly nail varnish remover. Non-flammable and free of hazardous solvents such as acetone. One sachet will clean 10 nails.

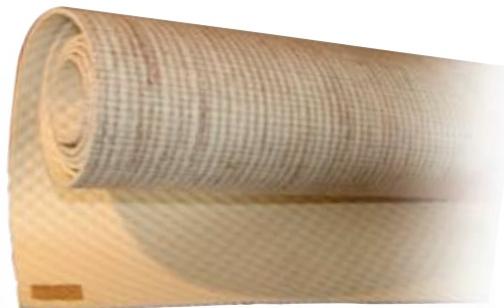


### Hand-made Soaps £1.00 each or £14.00 for a box of 16 soaps

Natural soaps manufactured using a low temperature, energy efficient, waste-free process. Scented using totally natural fragrances. Not tested on animals and vegan approved. Choose from: **Pomegranate, Daffodil, Lavender, Apricot, Wild Raspberry, Saffron & Almond, Avocado & Cucumber and Vanilla & Ginger.**

### Moonlight Energy Saving Nightlight £10.00

A wonderful effective low energy 3 pin plug nightlight that costs less than 50p a year to run continuously. The high tech panel produces a restful diffuse green light and is cool to the touch. Very slim design with no bulbs to break or replace. Guaranteed for 3 years.



### Eco Yoga Mat £30.00

Most yoga mats are made in the Far East using environmentally damaging PVC. This yoga mat is made in the UK using entirely natural plant-based materials - latex and jute. The mat features a pure rubber underside for superb grip and beautiful cream jute fabric/rubber mix on top to give a pleasantly natural surface to work on. New improved design with a 50% increase in density plus an extra strong embossed underside. Machine washable. 183x63cm, 4mm thick.

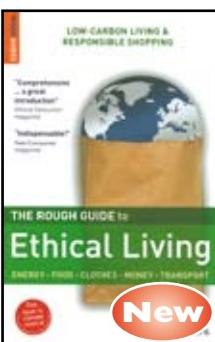


## 'What's Really in Your basket?'

Statham (2007) £5.99

Tartrazine, polydextrose and E133 - how are you supposed to know what's dangerous and what's not? The warnings we receive daily about chemicals used in our food and cosmetics can be overwhelming and confusing. This user-friendly pocket shopping guide tells you at a glance which additives are hazardous, which chemicals are

best avoided and which ingredients are safe. The colour-coded, alphabetical tables provide valuable information about potential health effects and take the mystery out of additive codes, helping you to choose which products to buy. 335 pages. Recommended. Was previously called "The Chemical Maze".



## The Rough Guide to Ethical Living

Clark (2006) £9.99

Climate change, sweatshops, fair-trade, ethical investment, organic food...life can sometimes seem like a moral minefield. Which products and companies should we support or avoid? And which "ethical" claims can we trust? From tea to trainers and pensions to plane-tickets, the guide looks at all the problems and ethical options. With recommended websites, books and magazines plus tips on reducing your carbon footprint at home and on the road, this book is the essential

handbook for responsible consumers. Recommended. 330 pages.



## The toxic consumer: How to reduce your exposure to everyday toxic chemicals

Ashton & Salter-Green (2006) £7.99

Toxic chemicals are on the increase and we are exposed to them more and more. They are found in everyday products and are implicated in a staggering range of health and environmental issues including impaired neurological development in children, birth defects

and increased incidences of diabetes, allergies and attention deficit disorders. It is no longer controversial to claim that toxic chemicals are damaging our health. This book presents the facts about what toxins can do and provide easy-to-follow practical advice on minimising your exposure and building up your resistance. 128 pages.

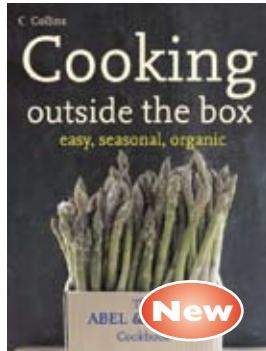
## Cooking Outside

the Box, Abel

(2006) £17.99

Mouth-watering excuses for eating glorious organic food exactly when it is at its best. These are inspiring yet unfussy recipes that let simple ingredients speak for themselves, brilliantly written and entertaining, even the most timid

cook can tackle with gusto. Recipes include pork loin chops on a bed of sweet orchard apples, 45 minute pumpkin and parmesan bread, and rhubarb bread and butter pudding. 224 pages hardback.

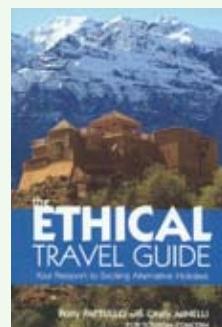


## Ethical Travel Guide

Pattullo & Minelli

(2006) £12.99

Tired of tourist traps and guilt trips, or just want to have a positive impact on the people and places you visit? This great guide lists over 300 amazing places that offer ethical accommodation and activities in 60 countries that directly benefit local people and the environment. From simple local-style holidays, treks, construction projects in Tibet, art holidays, and culinary retreats, there is something to suit every taste and budget. 240 pages.



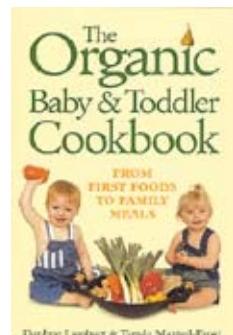
## The Organic Baby &

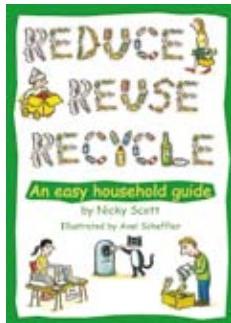
Toddler Cookbook,

Lambert & Maxted-

Frost (2004) £6.95

Great advice for parents on preparing and feeding their children a seasonal, mainly raw or lightly cooked wholefood organic diet. Emphasising raw foods in spring and summer, and lightly cooked foods in autumn and winter, from weaning to three years old. Plus very useful tips on food for travelling and party food. 128 pages.





## Reduce, Reuse, Recycle!

Scot (2005) £3.95

Arbed Aildefnyddio

Aiglych (2005) £3.95

What do you do with your old mobile phone? Where can you take your old medicines? Which plastic is recyclable? What happens to the stuff you recycle? The A-Z listing of everyday household items has the answers. Plus motivating facts such as recycling a one-metre

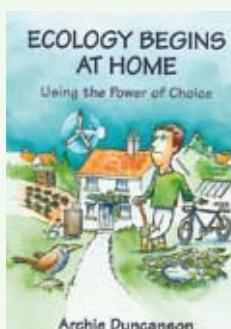
stack of newspaper saves one tree and 150 million plastic carrier bags are used in the UK/year and they can last up to 500 years in landfill! Our top selling recycling guide. 96 pages.

Rethink. Refuse.

Reduce - Education for sustainability in a changing world,

Webster (2004) £15.00

An essential pitstop for every educator, school manager and workshop leader with a remit for education of sustainable development (ESD). Provides off-the-shelf and adaptable resources, with a unique approach which will certainly encourage discussion. Accessible, thought-provoking and challenging - a practical book that will change how you see education for sustainability. 116 pages.

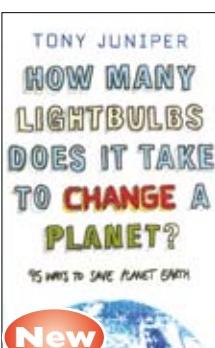


## Ecology Begins at Home - Using the Power of Choice, Duncanson (2004)

£4.95

We can all reduce our share of global pollution. This shows how one man looked around him and saw what he could do to reduce his personal ecological footprint. With surprisingly simple tips and ideas (some so obvious

we wonder why we haven't thought of them before!). On the basis that you only need to take one step to make a difference, this takes you on the first stage of his journey towards a more environmentally friendly home and an easier conscience. 127 pages.



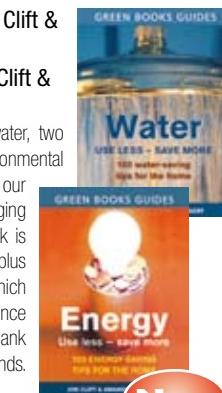
## How Many Lightbulbs does it take to Change a Planet? Juniper (2007) £12.00

The human world sits on the brink of potentially catastrophic environmental change. If we do not drastically reduce greenhouse gas emissions and start that process now, then it is projected that by 2050 the cost of climate damage will exceed global GDP. These 95 articles/solutions present a programme for staving off environmental, economic and social disaster. Essential reading for anyone who cares about the world our children will inherit. 303 pages.

## Energy, Use less - Save More, Clift & Cuthbert (2006) £4.95

## Water: Use Less - Save More Clift & Cuthbert (2006) £3.95

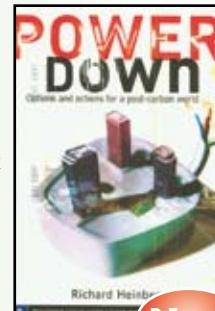
Our demand for both energy and water, two of the most pressing current environmental topics, increases every year with our population growing, our climate changing and our lifestyle pressures. Each book is packed with facts and photographs plus 100 tips of small things we can do which cost nothing but can make a difference to the environment and to our bank balances! Buy these for all your friends. 80 pages each.



New

## Powerdown, Options and actions for a post-carbon world, Heinberg (2004) £10.95

Oil is running out and, if the Western world continues with its current policies, the next decades will likely be marked by war, economic collapse, and environmental catastrophe. There are alternatives that could save us, but they will require tremendous effort and economic sacrifice. Avoiding cynicism and despair, Powerdown begins with an overview of the likely impacts of oil and natural gas depletion and then outlines four options for industrial societies during the next decades and likely responses to these options. Timely, accessible and eloquent. 208 pages.



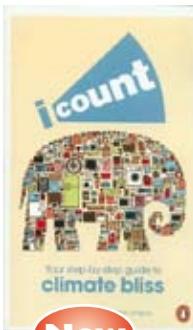
New

**New**

## Ethical Sourcing in the Global Food System, Barrientos & Dolan eds (2006) £22.95

Large supermarkets have come under pressure to improve the returns to small producers and conditions of employment within their supply chains. But how effective is ethical sourcing? This book critically explores the opportunities and challenges in the ethical sourcing of food by combining analysis and case studies that examine a range of approaches.

It explores whether ethical sourcing is a cosmetic northern initiative, or can genuinely help to improve the conditions of small producers and workers in the current global food system. 204 pages.

**New**

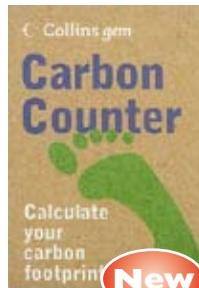
## i count, Your Step-by-Step Guide to Climate Bliss (2006) £3.00

At last - you can reach book bliss through this practical whinge-free guide that tells you how to stop climate chaos. So don't feel bad, feel good. Discover the power of 'off', get to bend the Prime Minister's ear, and spend time in the bath with your friends. There are 16 steps to get you started. If you dream of the sun, the whirl of windmills and recycling that's just not quite so hard - this is for you. 80 pages.

## Collins Gem Carbon Counter, Lynas (2007)

**£4.99**

Measure your own Carbon Footprint on all aspects of your life - from food shopping to work, holidays and clothes. Starting with your home energy supplies and usage, this pocket-sized green reckoner takes you through each part of your daily life and helps you add up the impact you are making on the environment, thus allowing you to identify the key parts which you'll need to adapt in order to reduce your footprint, with advice on how to achieve this. 192 pages.

**New**

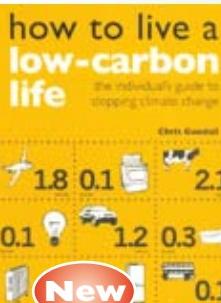
## Timeless Simplicity,

**Lane (2001) £8.95**

Practical strategies and motivations on how to enjoy more with less. It presents the advantages of living a less cluttered, stressful life and how to let go of the concept that material consumption provides a palliative for the unease which characterises many lives. To simply enjoy the time one spends on activities and just being instead of continually aspiring for material satisfaction. 108 pages. Consistently one of our bestsellers.

## Timeless Simplicity

Creative living in a consumer society

**US JOHN LANE****New**

## How to Live a Low Carbon Life, Goodall (2007) £14.99

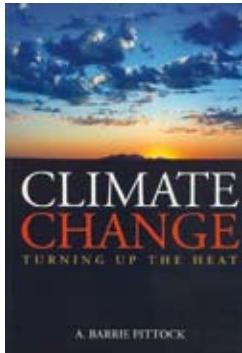
In the West we are each responsible for over 12 tonnes of carbon dioxide a year, 4 times what the earth can handle. This is a comprehensive, one-stop reference guide to calculating individual carbon emissions, laying out clear plans to show how easy it is to take responsibility and reduce

these emissions. Covering all aspects of modern life from transport to home heating to where our food comes from, with easy-to-use tables for conducting a personal lifestyle 'carbon audit'. Every home should have this book. 319 pages.

## 52 Weeks to Change Your World, Shepherd & Oakley (2004) £4.99

A whole year of creative opportunities to change the world we live in. Whether you're an armchair campaigner or a dedicated doer, ambitious action man or domestic goddess, this book has something you can do to make a difference. 112 pages.





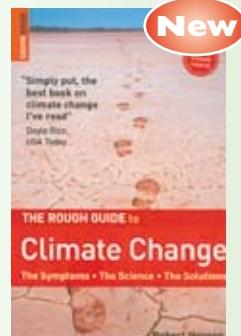
## Climate Change: Turning up the Heat, Pittock (2005) £19.99

Climate change has been described as the most pressing issue for the future of Earth, dramatically affecting all aspects of our lives and civilization, yet many people remain baffled by what is going on. The book discusses the major impacts of climate change on natural ecosystems and past civilizations, and describes how scientists are predicting future change. It also

outlines the options for living with climate change, from mitigation to adaptation. It also examines individual action, emphasizing the need for us to contribute to solutions through constructive political and personal action..

## The Rough Guide to Climate Change (2006) £9.99

This gives the complete picture of the single biggest issue facing our planet. Cutting a swathe through scientific research and political debate, it lays out the facts and assesses the option - global and personal - for dealing the threat of a warming world. The guide also includes lifestyle advice and tips for consumers who want to make a difference in tomorrow's climate, and comes complete with a glossary of websites for further information. 341 pages.



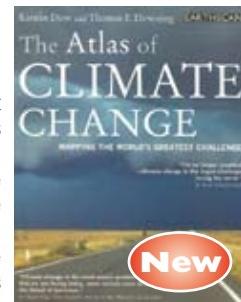
## ZeroCarbonBritain (2007) £15.00

Thirty years ago, CAT's 'Alternative Energy Strategy' for the UK showed, for the first time, an alternative approach which could reduce energy demand, and increase generation of renewable energy. Now we have CAT's radical new energy vision, outlining bold policy drivers for reducing our carbon emissions to zero within 20 years. It offers a scenario demonstrating

possible outcomes of these policies, using only proven technology. ZeroCarbonBritain is scientifically necessary and technically possible and it may even deliver a higher quality of life and a sense of collective purpose not felt in Britain for decades. 120 pages.

## The Atlas of Climate Change, Dow & Downing (2006) £12.99

Today's headlines and recent events reflect the seriousness of climate change. Heat waves, droughts, and flooding are causing deaths among vulnerable populations, destroying livelihoods, and driving people from their homes. This examines the possible impact of climate change on our ability to feed the world's people, avoid water shortages, conserve biodiversity, improve health, and preserve cities and cultural treasures. With more than 50 full-colour maps and graphics, this is an essential resource for policy makers, environmentalists, students, and everyone concerned with this pressing subject. 112 pages.



## Car Sick, Sloman (2006) £10.95

The twenty-first century is gridlocked. Mass motorisation has ruptured community ties, bankrupted a nation of family shops, and bred a nation of obese children and adults. By getting people to think about their choices, rather than reaching for their car keys, this shows how de-motorisation works: in place of traffic, it offers neighbourly streets and vibrant city centres. We do not need to get rid

of cars altogether. What we do need is to change the way we think about travel. This is a passionate, well-argued case for moving away from a car-centred to a people-centred society. Highly readable and recommended. 192 pages.

## Free to be Human, Edwards (1995) £9.95

Society in the West creates the powerful impression that the majority of people have attained freedom. The author argues that we are continually being disinforming and disempowered and that we need to master the arts of intellectual self-defence' in order to challenge the deceptions of a system driven by profit. 288 pages.

## Free to be Human Intellectual Self-Defence in an Age of Illusions

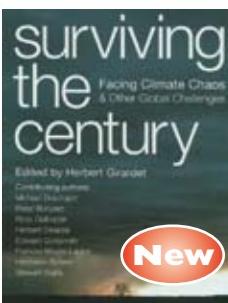
David Edwards



**Heat, Monbiot (2006) £8.99**  
It now seems certain that we need a 90% cut in our emissions within 25 years if we are to stop ourselves reaching the point where the "climate feedback" becomes unstoppable, and our world becomes largely uninhabitable. This excellent book explains how this cut could be achieved. Monbiot analyses the possibilities and pitfalls of energy efficiency, nuclear power, renewable resources and new technologies, and applies them to our everyday lives, measuring the cuts that can be made. 304 pages.

## Inconvenient truth, Gore (2006) £14.99

The truth about the climate crisis is an inconvenient one that means we are going to have to change the way we live our lives. This is about the urgent need to solve the problems of climate change, presenting comprehensive facts and information on all aspects of global warming in a direct, thoughtful and compelling way, using explanatory diagrams and dramatic photos to clarify and highlight key issues. 325 pages. Recommended reading.



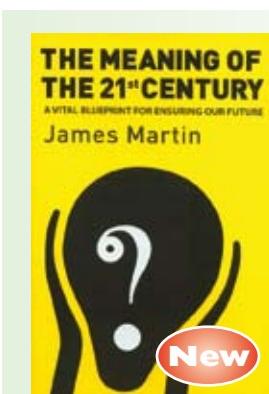
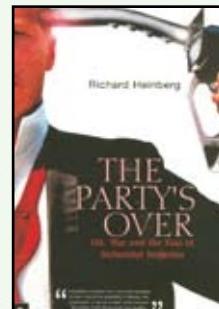
## Surviving the Century, Girardet (ed) (2007) £17.99

Environmental and human catastrophe looms ever larger for planet Earth, powerful action is needed now to turn a deepening global crisis into an opportunity for change. The World Future Council (WFC), a new international lobby for future generations, seeks a complete transformation of how humans relate to the world and one another. An excellent analysis with positive, solutions-oriented writing that

tackles the biggest issues: climate change, energy, production systems, rainforests and the fate of the Amazon, cities, food production, democracy and trade. 210 pages, hardback.

## The Party's Over, Heinberg (2003) £12.99

Without oil, what would you do? How would you travel? This book deals head-on with the imminent decline of cheap oil. We are entering a new era as different from the industrial era as the latter was from medieval times. This recommends a managed and realistic transition to a slower-paced, low-energy, sustainable society in the future. A very pragmatic wake-up call that needs to be heeded. 274 pages.



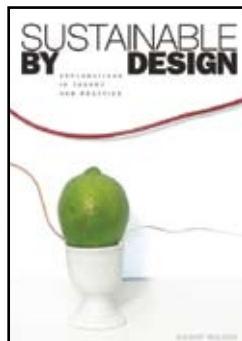
## The Meaning of the 21st Century, Martin (2007) £8.99

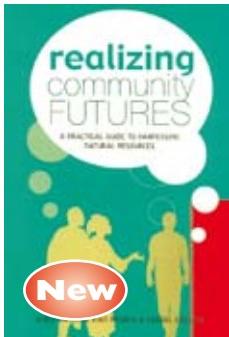
For 150 years we have devoted ourselves to becoming ever bigger, faster, stronger, better... But how safe is ever-more-powerful weaponry in an age of terrorism? Where will stem-cell research take us? When do we call a halt to the ever-widening gap between standards of living around the globe? This defines the thinking that will provide us with solutions for the future. Far from dooms-

mongering, it is an extraordinarily optimistic and empowering argument for transition on a global scale: a ringing call to arms and a pragmatic blueprint for action. 544 pages.

## Sustainable by Design, Walker (2006) £24.95

A compelling and innovative, design centred approach that explores the design process in the context of sustainability and challenges conventional ways of defining, designing and producing functional objects. It provides a well-articulated basis for understanding the complexity and potential of sustainable design and presents and develops theory into practice through worked design examples. Useful for students and practising designers. 192 pages.

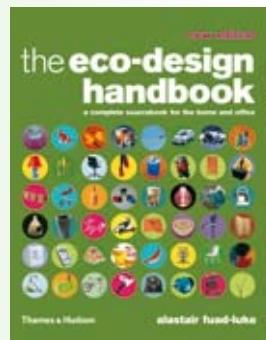




## Realizing Community Futures, Vanclay et al (2006) £14.99

Around the world more and more communities are taking direct control of natural resources - forests, rivers, fisheries parks and agricultural land - in order to control their destinies. This revolutionary hands-on manual shows how people can develop a future community vision and create a roadmap to manage their

natural resources to realize a prosperous and sustainable future. Step-by-step guide using a process of 'participatory modelling' useful anywhere in any circumstances, packed with tools, illuminating stories, helpful tips, wisdom and inspiring examples of success. 162 pages.

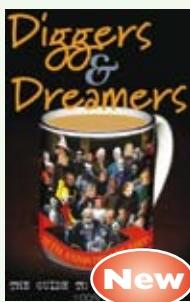


Thames & Hudson Alastair Fuad-Luke

## The eco-design handbook, Fuad-Luke (2005) £16.95

Excellent resource book with 4 main sections - Objects for Living, Objects for Working, Material and Resources. Not just a catalogue of eco-friendly products, but a serious introduction to the concept that designers and manufacturers should tread more lightly on the planet.

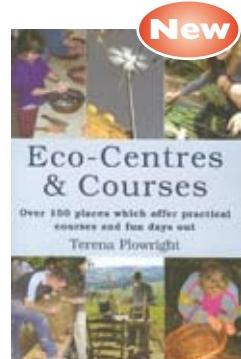
Outlines a manifesto for sustainable design criteria to promote design with integrity, sensitivity and compassion. 570 illustrated product listings. 352 pages.



## Diggers & Dreamers 2008/09 (Autumn 2007) £14.50

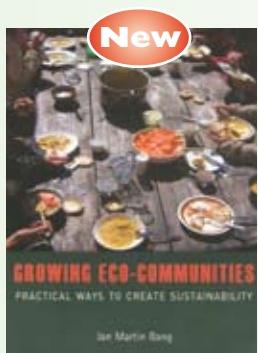
The guide to communal living in Britain combines articles with a directory of intentional communities. It's been coming out for nearly 20 years and this special edition looks back and forward two decades, asking whether the more widespread concern about global warming

may mean that the experience of many communitards in the recent past will now become relevant in the wider world. 200 pages approx.



## Eco-Centres & Courses - a directory for the UK and Ireland, Plowright (2007) £12.95

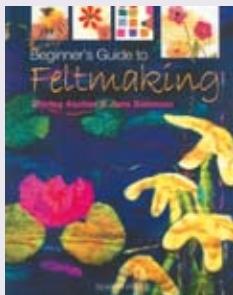
With over 150 places which offer fun days out and/or practical courses on a wide variety of subjects you're bound to find somewhere you'd like to visit, whether you're looking for an interesting day out or a wanting to learn more about different aspects of green living, this has the information you need. Well laid out, with a short introduction on renewables followed by a county-by-country directory, indexes of courses, centres and national organizations. 217 pages.



## Ecovillages, Bang (2005) £20.00 Growing Eco-Communities, Bang (2007) £20.00

**Ecovillages** explains the principles and practice of setting up a sustainable community, including difficult decisions about management, design and architecture, farming and food, water, sewage, energy sources and economics. **Growing Eco-Communities** looks at what comes next. Groups aren't fixed by those early decisions: they grow and develop, sometimes in unexpected directions. It offers experienced advice on how to handle a wide range of situations that can arise. Both contain numerous case studies. 288 and 238 pages.

# Crafts and Skills



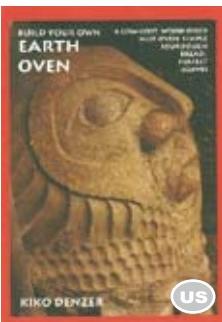
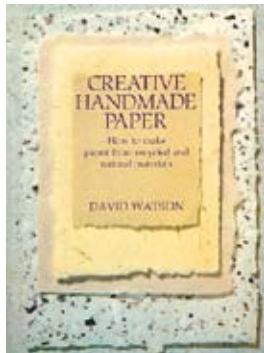
## Beginner's Guide to Feltmaking, Ascher & Bateman (2006) £9.99

Handmade felt is a wonderfully versatile material - it is hard-wearing, practical, wonderfully soft to touch and a pleasure to work with. You can combine wools, silks and yards in a myriad of vibrant colours to create a stunning range of items and textures. Using step-

by-step photographs, the easy-to-follow projects range from simple panels to more adventurous shaped pieces. Once you have learnt the basic techniques and become familiar with the material, you can go on to create your own unique designs. 80 pages.

## Creative Handmade Paper, Watson (1991) £8.95

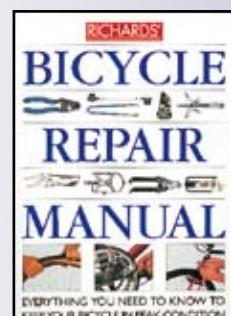
Using household equipment this colourful book shows how to transform waste paper and plants (e.g. cabbage leaves, bananas and nettles) into beautiful handmade papers and sculptured landscapes. Plus watermarking, embossing, scenting and dyeing. 80 pages.



## Build Your Own Earth Oven, Denzer (2000) £10.95

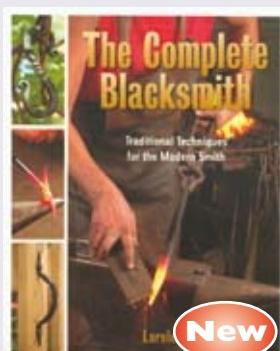
A very thorough how-to book on this traditional way of making an oven. Earthen ovens are better for baking because they produce an even source of all three kinds of heat. Radiant, conducted and convected. Using very basic materials you can let your imagination loose and produce amazing shaped ovens (turkeys, snails, etc.) and bake wonderful

bread and pizzas. 114 pages.



## Bike Repair Manual, Sidwells (2004) £8.99

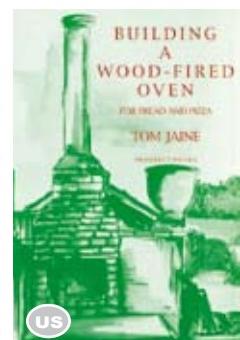
From mountain bikes and road racers to hybrid and leisure bikes, this practical, full colour, guide ensures that you can keep any bike in peak condition. The ultimate bike maintenance bible, full of all the essential information you need to understand how your bike works, how to care for it, adjust the transmission, fit new parts, replace cables etc. With a timetable for servicing and a troubleshooting chart to help you identify and solve problems. 160 pages.



## The Complete Blacksmith, Sims (2006) £14.99

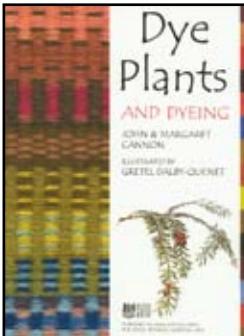
Blacksmithing can be easy to learn and is a rewarding craft. This book instructs on basic tools and useful items such as nails, hinges, chains etc, also trellises, gates, furniture etc. as well as techniques to create your own original pieces. Plus how to set

up a blacksmiths shop. Very clearly explained with step-by-step photographs. 176 pages, spiralbound hardback.



## Building a Wood-Fired Oven, Jaine (1996) £9.99

The ultimate project for the DIY cook - a chance to construct a working oven for baking homemade bread and pizza. The construction of a brick oven in the garden (no fire hazards, no major structural problems, no planning difficulties) is described with the novice builder in mind, with detailed plans and illustrations. Plus advice on how to fire and run the ovens and information on restoring and running old ovens - thousands of which have survived in farmhouses across Britain. 113 pages.

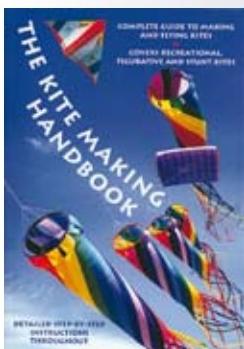


## Dye Plants and Dyeing, Cannon (2002 edn) £14.99

An excellent introduction to dyeing using natural materials. 48 plants are illustrated, describing each plant's structure and cultivation, history, and the method by which the dye is extracted and transferred to fibre. Well-known dye-plants are included, among them dyer's alkanet, elderberry, henna, indigo, madder and saffron, and each plant is illustrated in colour. It also includes a general introduction on dye-stuffs and mordants, a section of notes for teachers and a checklist for scientific names. 128 pages.

## ReadyMade, How to make (Almost) Everything, Berger & Hawthorne (2006) £14.95

You need this book. It is full of 100% hope. As the stuff of life piles up and things spin out of control - this will help. With never-before-seen designs and how-to's that are full of surprise and wonder. Learn how to turn everyday objects into spellbinding inventions to give away or keep for yourself - from a coat-hanger wine rack to a twig candelabra and how to use those plastic utensils you've been saving in case a picnic for 40 crops up! Absolutely brilliant. 208 pages hardback.

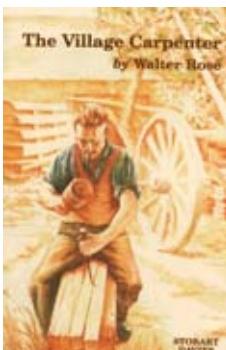
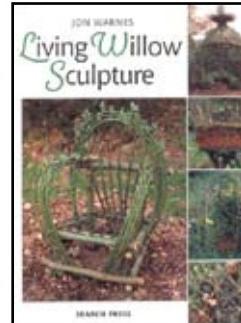


## The Kite Making Handbook (2004) £12.99

Kites can be works of art, toys, scientific or pure fun, whilst kite flying can be exhilarating, easy, challenging and a great way of meeting people. This is a very complete guide to making and flying kites, with detailed step-by-step instructions using newspaper, tissue paper and spinnaker nylon. Plus a resume of the history of kites. 144 pages.

## Living Willow Sculpture, Warnes £7.95

Willow is a fast-growing, pliable and tough material that can be used to make chairs, fences, arbours and tunnels that will grow and change over the seasons. This is a very practical book with advice on planning, planting and pruning wonderful structures for any size garden using the simplest of tools. This craft is growing hugely in popularity. One of our best-selling books. 48 pages.

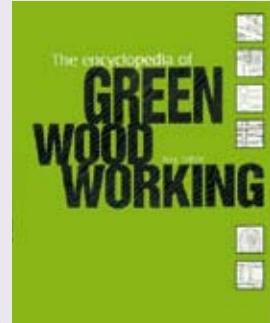


## The Village Carpenter, Rose (1937, 2001 edn) £9.95

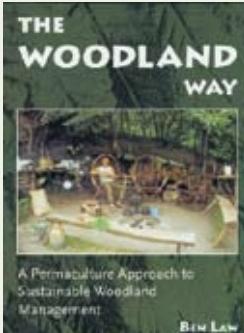
Village carpentry as it was practiced in Victorian times, written by a master carpenter, when the definition of carpentry was wider than ours, and covered practically all the woodworking done, except wheelwright's work. The book touches upon water and windmill repairs, farm and house carpentry, timber buying, work in the saw yard, making field gates and haymaking tools, coffins and much more. Of great interest to readers who work with wood or simply have an appreciation for the spirit of craftsmanship. 146 pages.

## The Encyclopaedia of Green Woodworking, Tabor (2000) £16.95

Immensely practical, well illustrated and with very clear information on all aspects of working with unseasoned wood. Contents include: properties of wood, woodland management, tools, fences, lathes, baskets and garden furniture. An indispensable resource for both the seasoned woodworker and the beginner. Excellent. 192 pages.



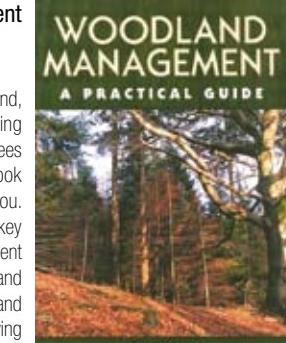
# Woodland Skills



## The Woodland Way, Law (2001) £16.95

This is for everyone who loves trees and woodlands. It presents an immensely practical alternative to conventional woodland management. This permaculture approach creates a biodiverse, healthy environment which yields a variety of value added products, secures

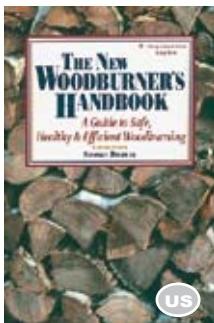
livelihoods and benefits the local community. Set to be a classic covering every aspect of woodland stewardship. 231 pages.



## Woodland Management

### - A Practical Guide, Starr (2005) £16.99

Whether you own woodland, are thinking of buying woodland, or just like trees this comprehensive book will be of value to you. Information on all the key areas including: management objectives, broadleaves and conifers - what they are and where they grow, surveying and mapping, the seasonal cycle and practical tasks, habitat and wildlife conservation, timber production and generating income from other sources, creating a new woodland, buying and owning woodland - what to look for and how to avoid the common pitfalls. Hardback 192 pages.



## The New Woodburner's Handbook, Bushway (1992) £9.99

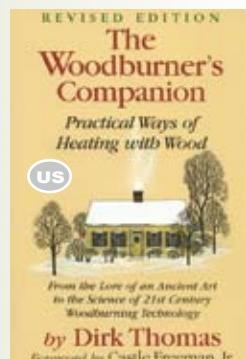
The essential layman's guide to both the latest improvements and the age-old wisdom of heating with wood. How to select the right stove for your home and lifestyle, tips for insulating and conserving energy, siting your stove and advice on wood fuel. US addresses predominate in the Resources section. 160 pages.

## The Woodburner's Companion, Thomas (2004) £12.95

Burning wood for heat is a sustainable alternative to dependence on oil and natural gas. This excellent book discusses the fuel value of various woods, how to buy firewood and get the most heat from it, the environmental impact of woodburning and a variety of chimney and flue arrangements (including cleaning and troubleshooting).

Plus stacking and drying efficiently. 133 pages.

New



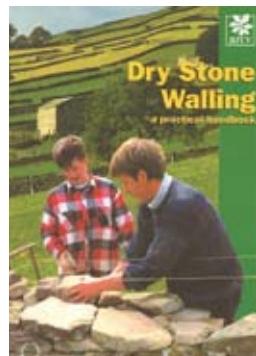
## Hedging, BTV (2002 edn) £13.95

Hedges are an important and well-loved feature of the British countryside, as well as being a valuable wildlife habitat. Neglect, rather than removal, is now the greatest threat to hedgerows, and many hedges need laying to encourage new growth from the base. This

handbook is the most detailed reference available on hedge laying, and gives clear practical advice. Different regional styles are described, plus advice on choosing suitable species for planting a new hedge, as well as planting techniques and aftercare. Construction and repair of Cornish hedges or banks is included. 125 pages.

## Dry Stone Walling, Brooks & Adcock (1999 edn) £13.95

This is the most comprehensive book available on the building of dry stone walls and other structures. All you need to know, from the history of walls and their importance as landscape features in Britain, to practical advice on all aspects of walling. Construction, maintenance and repair are all very clearly and thoroughly described. Superb guide to this ancient craft. 159 pages.



## THE AX BOOK

The Lore and Science  
of the Woodcutter

D. Cook

Illustrated by  
S. Lawrence Whipple



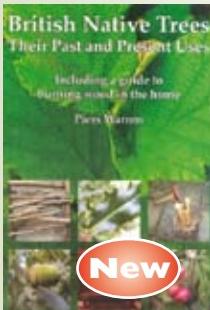
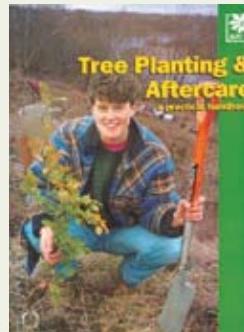
A guide to axmanship, wood  
and the hand tools of a woodsman

**The Ax Book, Cook  
(1999 edn) £16.99**

Not just axes but also saws, fuel, wood, trees, forestry, geography etc. Brilliant book packed with information on all aspects of firewood including annual consumption rates, how to fell, stack and burn wood. Understanding saws and of course all you need to know about axes! 134 pages.

**Tree Planting &  
Aftercare, BTCV (2002  
edn) £13.95**

An excellent handbook on establishing native trees and maintaining their health. Clear and practical advice on choosing, planting and caring for young trees. It includes propagating from locally collected seeds and cuttings, to produce planting stock of 'local provenance' which has special value in maintaining local variations in species. 132 pages wirobound.



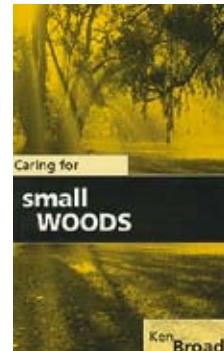
**British Native Trees. Warren  
(2006) £5.95**

Excellent little book explores the past and present uses of products (wood, bark, fruit, sap etc) of the 35 species of British native trees, plus the wood properties of each tree. Includes an exploration of the environmental issues involved in burning wood in the home, sources of firewood, which wood to burn, seasoning and storing firewood, kindling and a foolproof

guide to building the one-match-fire! 83 pages.

**Caring for Small Woods,  
Broad (2001) £22.95**

Small woods are in crisis. They are fragile and vulnerable and many have been creamed of the best trees. All the important facts regarding the day-to-day management of small woods have been sifted and presented in an easily digestible and practical form that novices and professional alike can understand. Includes sections on wood products, restocking, recreation wildlife conservation etc. Excellent. 233 pages.



## Charcoal Production A Handbook

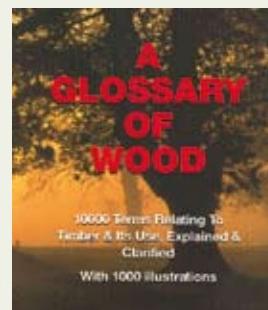


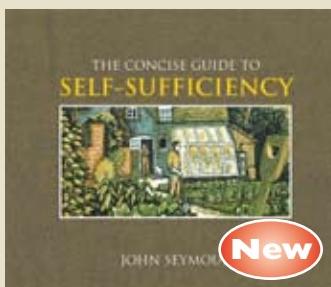
**Charcoal Production, A  
Handbook, Hollingdale  
et al (1999) £14.95**

Global consumption of charcoal is steadily increasing and so therefore the need to increase production. This highly technical book provides an explanation of different methods of production, detailing a wide range of kilns (both modern and traditional) and information of the most effective uses for charcoal and its by-products. Recommended. 158 pages.

**A Glossary of Wood,  
Corkhill (2004 edn)  
£25.00**

A splendid source of invaluable information for all those concerned with wood in any way. 10,000 terms cover such aspects as tree names, location, type of timber and uses; use in the construction industry; seasoning, preservation, decay and diseases of timber; woodworking tools and construction methods etc. Over 1,000 line drawings to further clarify many of the terms. The most comprehensive book on the subject. 656 pages hardback.





## The Concise Guide to Self-Sufficiency, Seymour (2007)

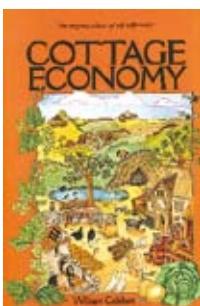
**£12.99**

A concise version of the 'bible' of self-sufficiency with an emphasis on practical things which busy people

in cities, towns and villages can do to change the way they live. With all the practical know-how: from creating an urban organic garden and making wine and beer, to ploughing fields or harnessing natural energy. 256 pages hardback.

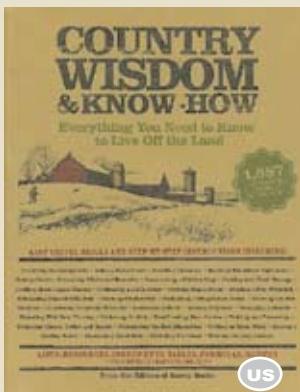
## Cottage Economy, Cobbett (2000 edn) £8.99

The original classic of self-sufficiency written in 1821-2. It is more than just a practical handbook on everything ranging from brewing, bread making and animal husbandry to making candles and hats! it is also a manifesto for self-sufficiency. It has lost none of its relevance or inspiration for anyone seeking 'the good life' on any plot of land from a farm to a small back garden. 214 pages.



## Country Wisdom & Know-How (2004) £14.99

A HUGE book which claims to tell you everything you need to know on how to live off the land and with 8,167 useful skills it probably does! Sections cover Animals, Cooking, Crafts, Gardening, Health & Wellbeing and Home. Very practical and jam-



packed with lots of interesting information, some of which is bound to come in handy wherever you live. 480 pages large format.

## Cheesemaking and Dairying, Thear (2003 edn)

**£7.95**

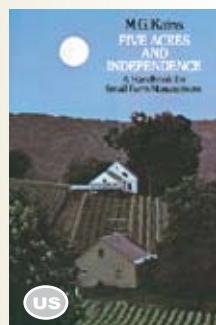
A very thorough and highly practical book which gives very clear advice on how to make hard and soft cheeses, yoghurt, cream, ice cream and butter successfully from cow's, goats and ewe's milk. Details of equipment and conditions needed to produce dairy products in the kitchen as well as in the small dairy. Useful list of cheesemaking problems and some yummy recipes. Fully illustrated. 104 pages.

## Cheesemaking and Dairying, Katie Thear



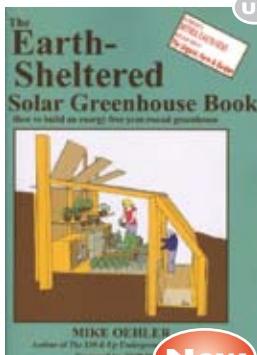
## Five Acres and Independence, Kains (1973) £8.95

Make your dreams come true - or at least foster them! This classic tome will help you to assess the huge range of possibilities available to you for surviving in the country. From evaluating the land, costing and carrying out improvements, to all aspects of crop growing and animal husbandry. A consistent best-seller. 397 pages.

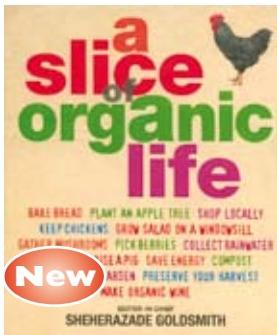


## The Earth-Sheltered Solar Greenhouse Book, Oehler (2007) £18.95

This book teaches how to design and build the perfect energy-free, year-round greenhouse for any need in any climate without spending a penny more than necessary. How to capture and store the sun's heat and cut greenhouse heating bills by 75 percent. How to automatically vent without power, use a root cellar in tandem with the greenhouse and heaps more. From the author of the successful '\$50 & Up Underground House'. 230 pages.



**New**



### A Slice of Organic Life, Goldsmith (2007) £16.99

Enjoy the pleasures to be had from even the smallest taste of organic living and feel good about what you can do, not guilty about what you can't. With 80 simple, eco projects to dip into, from growing salad on your windowsill, to collecting rainwater.

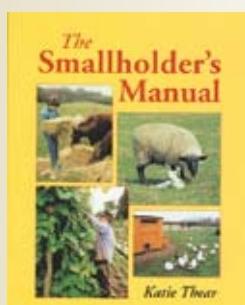
Pick up what you need using the directory of useful organic stockists and websites, then choose a project to suit your pocket and lifestyle. You don't need a garden, special equipment, or even much time. 352 hardback.

### 21st Century Smallholder, Waddington (2006) £12.99

If you want to go back to the land without leaving home, this is the perfect guide. Ever wondered how much effort it really takes to grow your own food? Is beekeeping difficult? Can you keep chickens in your garden and would you ever be able to go on holiday again? Is solar power really worth the bother?



From a small terraced house in the middle of a big city. It uniquely contains the elements of gastronomy, environmental consciousness, self-sufficiency and sustainability. Hardback 224 pages.



### The Smallholder's Manual, Thear (2002) £25.00

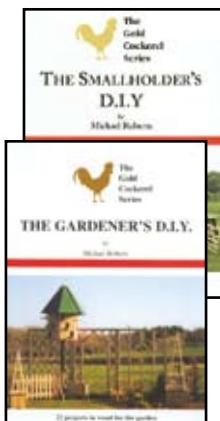
An essential reference manual, written by a very experienced smallholder, for anyone working on a smallholding, whether to reduce living costs by producing food at home, or to earn a supplementary income

through the sale of produce. Key aspects such as buying a small farm and equipping it, small-scale agriculture, animal husbandry and commercial considerations, regulations and organic farming. Well illustrated. 240 pages hardback.

### The Gardener's D.I.Y. Roberts (2000) £8.00

### The Smallholder's DIY, Roberts (1999) £8.00

Each manual has 22 projects and ideal for those with even the most basic carpentry skills. Easy to follow instructions, diagrams and photos for making garden fencing, coldframe, greenhouse/shed, cloches, apple store etc for the garden and sheep troughs, hurdles, mobile hay rack, goat house gates (large and small), brooders etc for the smallholding. Excellent books. 68 and 80 pages.



### Starting with Chickens £6.95

### Starting with Pigs £7.95

### Starting with Sheep £7.95

### Starting with Bees £7.95

### Starting with Ducks £7.95

### Starting with Goats £7.95

Excellent introductions to small scale animal keeping. All you need to know about choosing breeds, buying stock, housing, feeding, breeding and health. 80 pages each.

### Food for Free, Mabey (1989) £12.99

The wild food forager's bible! As well as field identification and illustrations for 'harvesting' edible plants, fungi, seaweeds and shellfish it also includes recipes for jams, vinegar and fruit liquers. Very clear advice on where to find what, guidance on picking and preparation, and culinary and nutritional tips. Highly recommended. 240 pages.



### Food for Free - Collins Gem, Mabey (2003) £4.99

This is the pocket version, ideal for taking out and about. 239 pages.

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**£35** covers a 3 day stay in CAT's educational eco-cabins

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**£500** sponsors a volunteer to take part in research and training for 3 months

A regular **Direct Debit** donation will enables CAT to plan far into the future on how to tackle issues like climate change.

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**Contact: Tanya Hawkes, 01654 704951 email: [fundraising@cat.org.uk](mailto:fundraising@cat.org.uk)**

Please visit our Funding & Development department to find out about our exciting environmental projects and how you help and get involved. Just ask at the Information Desk for directions to our office.



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# Centre for Alternative Technology

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contact msc@cat.org.uk
- **MSc Renewable Energy and the Built Environment**  
contact joan.randle@cat.org.uk
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